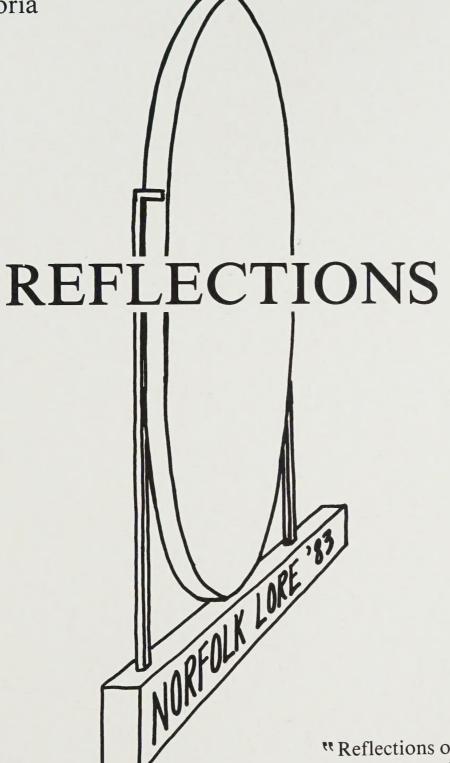


Norfolk House 801 Bank St. Victoria



"Reflections of the past are also guidelines of the future."

1982/83

BOARD OF GOVERNORS

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Mrs. V. Blake
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ADMINISTRATION:

Mrs. J. Costin Mrs. V. English Mrs. G. Horodyski

Mr. H. Knapp

Mrs. M. Langran

ACTING PRINCIPAL 1983: Mrs. J. Beynon

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Mrs. M. McCullough
Mrs. C. McKinnon
Mrs. V. Malik-Diemer
M.H. Migeon
Mrs. C. Morehen
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Miss I. St. Dennis
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Mrs. D. Straith
Mrs. S. Ulakovic
Mrs. J. Whitmore

Mrs. M.E. Logan

MAINTENANCE:

Mr. R. Bentley Mr. T. Bray Mr. A. Gaston (retired Sept. 1982) Mrs. A. Gill Mr. S. Reti

DEDICATION

on the 70TH ANNIVERSARY OF NORFOLK HOUSE SCHOOL TO

Those who have served the school as Heads and have contributed immeasurably to the successful running of the school:

Miss Dora Atkins,



Miss Winifred Scott,



Mrs. Christine Bullen.



ALSO TO ALL FORMER AND PRESENT

Teaching Staff who have fostered learning and will be fondly remembered by those whom they taught.

Office and Maintenance Staff who have been hard-working and always on hand when needed.

Students who have passed through Norfolk House School, filling the halls with their laughter and leaving behind their individual imprints.

The School Motto best sums up the contributions of all those to whom this Anniversary Annual is dedicated:

DO THY BEST AND REJOICE WITH THOSE THAT DO BETTER. MA GA Z I N E

Top Row: Penny Greenwood Sara Davey Judith Horwood Julie Andrews Bottom Row: Zoe Williams Tracey Rumsby Anwylyd Bethell Jenny Williams Carol Waldmann Charlotte Wardell

Editor: Jenny Williams

Art: Carol Waldmann

Sports: Judith Horwood

Grads: Julie Andrews

Classes: Tracey Rumsby

Advertising: Anwylyd Bethel

Julie Andrews

Zoë Williams



EDITOR'S MESSAGE

As Editor, I have been to every magazine meeting and witnessed the tremendous effort everyone has Asst. Editor: Sara Davey been putting into it, slaving away, trying to finish the next signature before the deadline. It has been a lot Photographer: Charlotte Wardell of work, and a lot of time, but I think it has really been worth it: as a valuable experience, and also for the personal satisfaction that comes from knowing that you have accomplished a tough job, and done it well. Literature: Penny Greenwood

I would like to give special thanks to Mrs. Jenkins, our mentor and guide, who gave so much of her time to us instead of going home early or relaxing with a cup of coffee in the staff room. Thank you to all those who supplied poems and stories; you are a vital part of any magazine. Thank you to all the patrons and sponsors who helped make this issue of NORFOLK LORE possible. Finally, I would like to thank everyone on the magazine staff for your support and time — excellent work, guys!

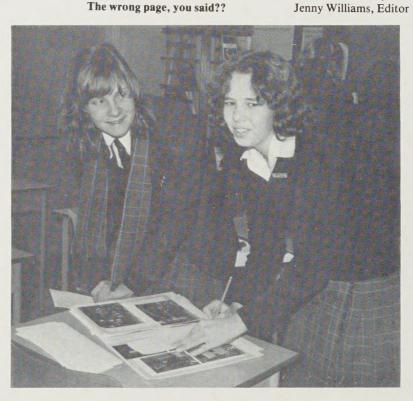
We hope you enjoy this year's annual; we have worked long and hard to provide you with the best we could and please everyone. Good luck to next year's Mag staff; we hope you have as much fun with it as we did!

Roger Wilco, over and out, Jenny Williams, Editor

What?



I think it's going to work!





THE STAFF



Top row; Mr. Knapp, Mr. Steel

Middle row; Mrs. McKinnon, Miss Cooke, Miss Chatterton, Mrs. Malik-Diemer, Mr. Darms, Mrs. Langran, Mrs. McAuley, Mrs. Hicks, Mrs.

McCullough, Mrs. Morehen, Mr. Doney, Mrs. Neilson, Mrs. Dressler, Miss St. Dennis

Front row: Mrs. Logan, M. Migeon, Mrs. Straith, Mrs. Pfister, Mrs. Blake, Mrs. Bullen, Mrs. Beynon, Miss Jennings, Mrs. Read, Mrs.

Jenkins, Mrs. Austin. Missing: Mr. Blake, Mrs. Blakey, Mrs. Kennedy, Mrs. Ulakovic, Mrs. Whitmore, Mrs. Scott.

Mrs. Horodyski

Mrs. English









STAFF CANDIDS

























"I didn't eat my Wheaties!"



"The east wing is clean?"





"Awesome, totally awesome!"



"Ready for action!"



"I'm not a separatist!"



"Gentlemen prefer Hanes!"



"Isn't he gorgeous!"



"The bees are coming, the bees are coming!"







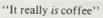
"I like cuddling!"





"How long have you had this problem?"













Dear Norfolk,

This school year, 1982-83, marked the seventieth year of Norfolk's existence. It was a year filled with change, and once again, you, the students, came out shining. Your provided me with many rewarding and satisfying experiences and I thank you all for electing me Head Girl. To the Staff, Mrs. Beynon and Mrs. Bullen, your support was overwhelming and made my year all the more exciting. The entire graduating class looks back on this year with a lot of pride, and a definite feeling of accomplishment. The education you receive here will assist you in reaching your full potential. Best of luck in the future. Never let your N.H.S. spirit die.

Susan

SUSAN JENNIFER ROBINSON (Head Girl)

1981-1983

Dereham

"I must hurry and catch up with the others, for I am their leader!"

Ambition: Social Worker in California

Probable Destiny: Sleeping on a bench in Bastion Square

Pet Peeves: People asking her if she bleaches her hair (SHE DOESN'T), teachers who don't punch holes in their sheets, and the class telling her that she should gain some weight (being called Boney).

C.G., the jocker of the class, is very much liked throughout the school. She can be heard in the Common Room, just before history class, saying "Life is tough, and it just got tougher,"; when trying to get the class's attention, she can be heard saying, "Y-O-U G-U-Y-S!!". C.G.'s favourite subjects are History and English. She is also involved in the Student Council, grasshockey, basketball, badminton and volleyball. Although C.G. has attended NHS for only two years, she will be leaving with a few cherished memories: in Grade 11 when the class ordered pizza, her favourite food, after her jaw had been unwired; the Beach Boys in Dr. K.'s van; being deathly ill on the hockey trip; Strathcona; and saving the Grade One's from the Grade Eight's. Her most embarrassing moment was laughing with Siobhan after a French Exam until she burst . . . literally. C.G. plans to go to UVIC for her first year and then on to UCLA. Good Luck, Susan.

DEIRDRE PATRICIA OWEN-FLOOD (Games Captain) 1973-1983

Wymondham

"IF you love something, set it free; if it comes back to you, it's yours; if it doesn't, it never was"

Ambition: To be a physiotherapist or German interpreter and part-time P.E.

Probable Destiny: A professional beach bum

Pet Peeve: Back stabbers

"Weirdre", or Wee-Dee, as she is sometimes referred to, can be heard saying "Don't count your boobies before they're hatched" or, saying, as she is running around the school in confusion, "Oh, I see". She is a very active member of Grade 12, being Hockey Captain and Games Captain. She loves all sports, especially grass hockey and the 4x100 relay. Drama is also a large part of her school life. Her most cherished memories are Camp Thunderbird in Grade 6; water fights with Mr. Steel in Grade 9; the time when the class put all the tables and chairs out on the field, and toilet-papered the room; playing in the finals of the Overman with K.J. (with the shaving cream in their hair and faces); playing at the B.C.'s; and the mud fights with Dr. K. and Mr. S. Memorable as well was Deirdre's most embarrassing moment: in the Grade 11 fashion show when her slip slipped and her pace greatly increased; also, the Strathcona bathroom scenes that have been captured on camera. Good luck, Weirdre.





ALISON HALSALL BANISTER 1979-1983

Wymondham

"Walking on rails 'till I'm smart again".

Ambition: To be a tutor or novelist

Probable Destiny: Neurotic housewife

Pet Peeves: Fruitfly infestations in the common room, people who go on diets, and school photographs.

"Bani-Bones" likes "to try" playing the guitar. She can be heard exclaiming, "She's having general conniptions". An English major, Spindles enjoys writing poetry, bicycling, and dipping her nose into a good book. In classes, she is known for her hourly chime. Some of her cherished memories include hiding in cupboards to scare Siobhan, running off to the "Bush," and going on a Biology field trip. Her greatest fear was the threat of having a Fat Test. Keep an eye out for Alison; you may be reading her books one day. Good luck in the future, Alison.

TRINA LEE BLAAUW 1975-1983

Wymondham

"Don't forget what it's like to be young."

Ambition: To become a Pilot or cartoonist

Probable Destiny: Flying over the Sahara on Sundays, dropping the comics to halfstarved Africans.

Pet Peeves: Sioban's crying, people telling her to cut her hair, and Dee and Gill's annoying tickle attacks in Grade 2?

"La Trine", or "Treener" lives by the nearly famous quotation, "Life is a bowl of cherries; why do I feel so BLAAUW?" She is most often heard mumbling to herself, saying "PINK RATS" or "get it together," when she makes a mistake on the trampoline. Trina has many cherished memories at NHS: Strathcona; going to the B.C.'s; observing Susan and Jackie being deathly ill; and watching Gill's imitations of certain well-known people. Her activities outside school include windsurfing, flying, snow and water skiing; in school she is very interested in hockey. When finished at N.H.S., Trina plans to work towards being a secretary while she finishes getting her pilot's licence. Then she hopes to travel, as well maybe attend university. Good luck, Trina.





SIOBHAN ANNE COLLINS 1979-1983

Wymondham House Captain

"Always look on the bright side of life."

Ambition: To become a famous commercial artist prospering in New York.

Probable Destiny: Infamous subway graffiti artist.

Pet Peeves: Gymnastics, fruit flies in the common room, being mobbed in the Advernture Playground, and having the staff adopt the Grade 12 kettle.

"Higho Sio" is an extremely active member of the Grade 12 class. When "Doug" isn't bouncing around the common room persuading the rest to "Party Hearty" she is playing grass hockey, basketball, participating in track, or scribbling jumbo "Get well soon cards" in the art room. Sio cherishes memories of beanstalks, "mascot locker", hiding in the Grade 9 cupboards to scare Alison, Doug and Bob, and the roadie escapes. However, falling into the water at Strathcona was not one of her favorite moments. Siobhan's favorite subject is art, but she is interested in drama, and enjoys participating in the student council. Good luck, Siobhan, and may you be a worthy opponent to Kilroy.

JACQUELYN DEANNA DEEPROSE 1981-1983

Walsingham House Captain

"A rose by any other name would still smell as sweet."

Ambition: Working with mentally and physically handicapped children

Probable Destiny: Teaching at Norfolk House

Pet Peeves: Her "cow eyes", fruit flies landing on her peanut butter sandwich

"Yak", one of Norfolk's cutest Prefects, is actively involved in cross-country, volleyball, and grass hockey. She is also on the Student Council. She best remembers raiding the kitchen at Strathcona with Susan, and baby-powder fights in the change room. Jackie's favourite subjects include drama and literature. Her most embarrassing moment came in French class when she was asked (in French) if she had finished her homework. Misunderstanding, she started reeling off a long involved story, also in French!! Although Jack seems to be the shy, withdrawn type, this is not always so! She is often the class peacemaker, and her giggle can be heard trickling out of the common room all day. Good luck, Jackie.





JENNIFER ANN ELIZABETH DOYLE 1978-1983

Walsingham

"I am not arguing with you — I am telling you."

Ambition: A career in music

Probable Destiny: Singing in praise of the Reverend Sun Myung Moon

Pet Peeves: Olivia Newton John, bad grammar, and people who throw up at parties.

J.D. has definitely been an enthusiastic member of Norfolk, and is often heard saying "Judas Priest!" in times of great exasperation. We will always remember J.D.'s ever-present companion, the big brown knapsack, as she trudged to school with 50 pounds of homework on her back. J.D. managed to juggle homework with her many extra-curricular activities, but always with a smile. Her hectic schedule repeatedly resulted in lost articles; we shall always remember her notices in assembly that started: "Okay, everybody, I've lost . . . " J.D. was a valuable member of the senior grass hockey team this year; played a major role in last year's Glenlyon/Norfolk production of "Oliver"; and ran the music in assembly. On the lighter side, J.D. kept the class in fits of laughter imitating teachers with Jenny, her partner in crime. J.D. was president of the Debate Club for three years in a row and did fabulously well in debates. She even beat Phil Spencer . . . once. J.D.'s most cherished memories are the "Jennifer squared," wreaking havoc and mimicking people at lunch, playing Volga Boatmen on upturned tables in the Atkins hall in Grade 9, destroying Mrs. Whitmore's geography lab, the Winnipeg trip, Mrs. Jenkins's English classes, and Mrs. Penn. J.D.'s hobbies include piano and singing. She enjoys all her subjects except maybe gymnastics. (Look! I can finally do a teddybear headstand, everybody!). Her most embarrassing moment was being forced to run the 400 metres in Sports Day in Grade eight. Despite the lack of boys, Jennifer will always remember Norfolk with fondness, as will we remember her. Jennifer Doyle, once you meet her, you will never forget her . . . coming soon, to a theatre near you.

JENNIFER HAY HANLEY 1973-1983

Caister House Captain

"Don't take life too seriously — you never get out of it alive anyway."

Ambition: To be a famous artist or to go into theatre

Probable Destiny: Designing posters for grade B movies, somewhere on Baffin

Pet Peeves: Canada Fitness, French Compositions, Kim's Bonne Belle Blotters, compare and contrast, book checks, bad grammar, bad drivers, careers day, people with more than two spares.

Jay is most often heard saying, "Oh well . . , " usually after remembering a forgotten homework assignment. In spite of this, she is an honours student; her favourite subjects are math, art, drama and lunch. Her most embarrassing moment was throwing up in assembly in Grade Eight, after which she thought her school career was over. No so. Having been at Norfolk for ten years, she has certainly given constant support to the school through her participation in debating, drama, field hockey, tennis, badminton, basketball, choir, orchestça and the "Out To Lunch Bunch." In her very few spare moments, Jenny paints, writes poems and short stories and plays a mean clarinet. Jay is often seen sporting a Walkman while jogging to Gonzales beach with 60 Grade Ones clinging to her track pants. Indeed, these little people are some of Jenny's most cherished memories. Other cherished memories include Stephanie's puppets; Winnipeg; "Entoosiasm!"; Vicki's fat jokes; "Into the afternoon . . . "; parallel lines and transvestites; Bob and Doug and the Roadie, and Mrs. Willie. Jay's notices in assembly ("Caister! I finally got the jellybeans!") and her assertive pep talks at House meetings sparked enthusiasm and produced overwhelming results among Caisterites. Jay is a gifted, cynically humorous girl who is a true and loyal friend. Best of luck in the future, Jenny.





KIM MARIA PETERHEGYI 1978-1983

Caister

"I get by with a little help from my friends."

Ambition: Computer science or Acting

Probable Destiny: A Video arcade Queen in Stratford-on-Avon

Pet Peeves: Shakespeare; milk duty; Caister clean up week; home room; fruit flies; P.E.

"B.B.B." has been known for her saying, "that's pathetic"; she has many varied interests as well as being a member of the choir and drama club, Kim enjoys playing the piano, ukulele, tap dancing, acting, travelling, modelling, and partying. S.B.'s most cherished memories include: the twinkies, the "s. bush"; certain car accidents, Grade 9 destructions, Centauros, Winnipeg in Grade 10, certain parallel-line jokes, lunch-hours at Glenlyon, Jenny's teacher impressions, throwing apple juice on Cathy in Grade 8, "messing with Lester", falling asleep in Chemistry. Kim can be found next year picking up some extra courses at Mt. Doug, and working. Her future plans include travelling and eventually going to university. Good luck, Kim.

MELANIE PHILLIPS 1980-1983

Walsingham

"Eat, drink, and be merry."

Ambition: Special Education Teacher Probable Destiny: Running Dairyland

Pet Peeves: Milk duty, fruit flies, and adventurous times on the adventure playground.

"Big Mel" is often heard crying out "Would you guys please be quiet?" She is always scrambling off to after-school activities, such as field hockey, volleyball, badminton or Student Council. "Killer Mel", known for her powerful hits in grass hockey, is often found under a pile of homework trying to whiz through her favourite subjects, Math and Physics. Melanie remembers Alison accepting her perfect attendance award in Grade 10 and playing "St. Chris" in our Christmas play. She recalls her math class that Bob and Doug taught in the Canadian way, and, of course, playing in the mud in Delta. Mel was very embarrassed when Siobhan put her picture in the Annual in Grade 11. You may see Big Mel, along with the rest of the Grade 12, on some corner downtown singing for pennies. Good luck, Mel.





LILY PUN 1982-1983 Caister

("Success is attained by trying")

Probable Destiny: Sound-effects expert

Pet Peeves: Mondays, the gym, putting up the flag, going to home room.

Lil has often been heard saying, "No way!" or "Yow". Lily is known for her outstanding badminton and squash playing. This algebraic brain turned beet red when she was caught "going fishing" during Biology class. Lil has only been in Canada for a year. A native of Hong Kong, she is experiencing new language, food, climate, and "strange" Grad-class customs. We have had a lot of fun learning from Lily's sound effects and traditions. Good Luck, Lily!

CATHERINE VICTORIA WINDLE 1978-1983

Dereham House Captain

"If you seek to find yourself, look not in a mirror: for there is but a shadow there, a

Ambition: To study languages and eventually become a lawyer.

Probable Destiny: Performing "quicky marriages" in Mexico.

Pet Peeves: Common room fruit flies, crazy drivers, hypocrites, insects, overachievers, critics of under-achievers, and Valley-girls.

"Crash" breaks into the common room with confusion: "Oh Shriek!" — it's just another of "Windley's" days, when again she is sure that her teacher is "gonna have a bird". C.W. is spending her time as Dereham House Captain trying to organize House parties to please the Grade sixes constantly. When not involved with House activities she can be found managing the Senior Hockey team. In her free time she does Highland or Jazz dancing. Crash fondly remembers Mrs. Nason's tinny A's, Mrs. Collis' parallel line jokes, the destruction of the Atkins wing while Mrs. Beynon was in Quebec, the survival of Mrs. Nason, milk duty, the Famous Five, the adventures of Bob and Doug in History and Algebra, thinking pink, Mrs. Hicks' surpressed sarcasm, the twinkies, ganging up on our "friend", Mrs. Pfister's lectures, Centauro's, Strathcona, and Susan wetting her pants after exams. C.W.'s most embarrassing moment was a certain car accident, some uncomfortable repercussions, and a surprise fire drill. Cassee will be getting a job this summer and then hitting the UVIC Campus next year. Good luck, Cathy!



"Look into the mirror . . .



"Did I ask your opinion?"



"Always aHEAD of things!"

"You all know your jobs. Now,



"Wonder-Woman"



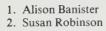
"Don't shoot!"



"I think that would be very nice

indeed!"

. And what do you see."

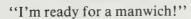


- Lily Pun
 Siobhan Collins
- 5. Jenny Hanley
- 6. Catherine Windle7. Kim Peterhegyi

- 8. Jennifer Doyle
 9. Deirdre Owen-Flood
- 10. Jacquelyn Deeprose11. Melanie Phillips
- 12. Trina Blaauw



"We didn't do it, Mum!"





"Ms. Fix-It"



"All I want is some hair."



"Another one of those stress headaches!"

CLASSES GRADES I and II



GRADE I

TOP ROW:

A. Buckle

K. Dorken K. Rerrie

S. Middleton

K. Telford

MIDDLE ROW:

Mrs. Langran

S. Hollett

C. Bowman

S. Giles

E. Wilson

C. Gardiner

FRONT ROW:

Mrs. Scott

E-K. Pace

A. Tannhauser

P. Waterman

M. Hogan

S. Patella

S. Best

L. Koehle

D. Greene

S. Gallie

K. Voorhoeve

L. Mathewson

GRADE II

TOP ROW:

Mrs. Logan

T. Scott

S. Yuile

S. Jones

F. Ely

C. Plumpton

G. Cockayne

C. Slade

E. Hartnell

H. Koulelis

B. Angus

FRONT ROW:

K. Clarke

R. Basnett

V. Minikir

V. Scott K. Alexander

N. Ibrahim

J. Chant

M. Tomlinson



GRADES I, II, III

CANDIDS













CANDIDS GRADES III, IV









GRADE III

TOP ROW:

Mrs. Dressler

- L. Harrison
- E. Kjekstad

MIDDLE ROW:

- R. Sodhi
- J. Kleyn
- L. Bowers
- R. Hounslow
- J. Yoneda
- J. Kemp
- L. Angus
- K. Hubbard
- M. Wigham
- J. Alton
- N. Bawlf
- H. Scorey
- J. Bray

FRONT ROW:

- A. Weidner
- S. Smith
- B. Frazer



GRADES III and IV



GRADE IV

- TOP ROW: M. White
- D. Cramer
- S. Clarke
- L. Lunden
- L. Rerrie L. Smart
- T. Franklin
- A. Kemp
- R. Curran Mrs. McKinnon

FRONT ROW:

- L. Kittel
- E. Drent
- Z. Rayani
- H. Lyall
- L. Libin
- J. Maycock
- J. Mortimer
- S. McFerran
- Y. Weis

MISSING:

R. Golby

GRADE V TOP ROW:

M. Williams

R. Brown

C. Guscott

B. Neriuoka

H. Boyes

H. Fitzgerald

L. Weston

C. Quirk

H. Jiwani

L. Tomaszewski

E. Gates

MIDDLE ROW:

B. Stephens

T. Loney

M. Ross

K. Schweitzer

A. Linder

Mr. Darms

A. Semple

M. Gaudin

M. Wilson L. Petrie

T. Hubbard

K. Miller

FRONT ROW:

H. Irvine

R. Morris

T. Alton



GRADES V and VI



GRADE VIM

TOP ROW:

W. Crone

R. Neilson Mrs. Morehen

K. MacDonald

J. Crone

B. Morton

S. Friesen

S. Kolowrat

A. Praël

MIDDLE ROW:

N. Kynaston

K. Boag

FRONT ROW:

M. Harker

S. Courville

L. Lewin

K. Stocks







GRADE VIB

GRADE VIB

TOP ROW: C. McCaw, T. London, R. Jefferies, R. Curran, M. Cosh, S. Edgell FRONT ROW: M. Ander, M. Bowcott, S. Wood, M. McLeish, H. Reimer, A. Palmer, A. Loney, J. Loney







GRADE VII

TOP ROW:

M. Doyle

J. Halbert

J. Taylor

L. Darms

MIDDLE ROW:

S. Rerrie

A. Wall

C. Briggs

A. Hallman

T. Tomaszewski

L. Blake

E. Basnett

F. Esmail

A. Brown

K. Gunther

K. Tomlinson

FRONT ROW:

E. Abrioux

S. Plumpton

E. Kertesz C. Maggiora

C. Maggiora

M. Griffith Mrs. McAuley

C. Tennant

S. Kilner

GRADES VII and VIII

GRADE VIIIM

TOP ROW:

N. Wood

L. Rippington

A. Ollila

MIDDLE ROW:

A. Cuthill

E. Fontaine S. Harriott

Mrs. McCullough

P. Brady

W. Jones

V. Smolov S. Abbott

FRONT ROW:

M. Maggiora

S. Jelich

R. Lanius

S. Johansson

S. Kemna

MISSING:

R. Schandall





GRADE VIIIN TOP ROW: J. Chant

C. Collis

E. Bell

R.J. Fisher

C. Carter

MIDDLE ROW:

N. Gardner

B. Parry

S. Krohn

B. Burrage

S. Esmail

FRONT ROW:

J. Forth

N. Jiwani

Mrs. Neilson

N. Dong

V. Bray

MISSING: K. McHugh A. Kemp

















GRADES IX, X

GRADE IX

TOP ROW:

K. Ellis

J. Damant

J. Dryden

M. Scanlan

D. Andrews

D. Bandhar

M. Shaya

R. Bertz

K. Luke

J. Chant

S. Takacs

M. Pace

C. Frazer

C. Hambleton

G. Ladd

C. Banister

B. Donald

SECOND ROW:

J. Allen

A. Pledger

E. Marley

S. Bartels

A. Heath L. Williams

E. McLeish

J. Newton

M. Atchley

K. Marshall-Lang

M. Greene

C. Deeprose

THIRD ROW:

Mr. Knapp

Mrs. Pfister

S. Hudson

M. Tassie

A. Wardell

L. Benet

K. McCluskey

A. Middleton

L. Bergseth

S. Jessiman P. Johns

S. Clark C. Horodyski



GRADES IX and X



GRADE X TOP ROW:

C. Emmett

J. Hope

F. Griffith A. Friedmann

SECOND ROW:

L. Loomer

R. Beale

C. Weidner M. Meisler

J. Barr

Miss Chatterton

L. Templeton

S. Brown THIRD ROW:

A. Ross

M. Drent

A. Clarke

L. Chalmers

A. Newbury R. Horner

M. Johnson

J. Pugh

S. Skelly V. Hunter

FRONT ROW:

C. Zimakas

R. Barlow

S. Lloyd M. Hernandez

C. Yip

K. Ryan W. Tse

MISSING:

M. Jenkins M. Von Thurn

V. Angus

GRADE XI

TOP ROW:

S. Davey

J. Horwood

T. Rumsby

MIDDLE ROW:

P. Greenwood

A. Bethell

Mrs. Malik-Deimer

Z. Williams

J. Williams

J. Andrews

FRONT ROW:

C. Wardell

C. Waldmann



GRADES XI and XII



GRADE XII

TOP ROW:

J. Hanley

D. Owen-Flood

K. Peterhegyi

A. Banister

M. Phillips

L. Pun S. Robinson

MIDDLE ROW:

T. Blaauw

S. Collins

Mrs. Jenkins J. Doyle

J. Deeprose

C. Windle

















CANDIDS



XI AND XII



CANDIDS — GRADE XII





PREFECTS

TOP ROW: J. Deeprose, J. Hanley, J. Doyle MIDDLE ROW: S. Robinson (Head Girl) FRONT ROW: D. Owen-Flood (Games Captain), Mrs. Bullen, M. Phillips





















D A N C E '82





SHAKESPEARE DAY

On April 23, 1982, another festive occasion in honour of Shakespeare was held at NHS. Clad in a vast array of costumes, senior school students began to act their parts. Skits from grades 8-12 were spontaneous and original. Awards were given for Best Class Performance (Grade 9R); Most Original Production (Grade 8J — "Famous Pears [Pairs])"; Most Convincing Performance (Lulu Komisar as court jester and Stacey Jessiman as Juliet); Best Actors on stage and throughout day (Robyn Horner and Maria Pace). Congratulations went to Fiona Murray as winner of the quotation competition and to Jennifer Doyle as an excellent page. After the awards, cake, made by the Grade 9's, was served.











"By the pricking of my thumbs, Something wicked this way comes."













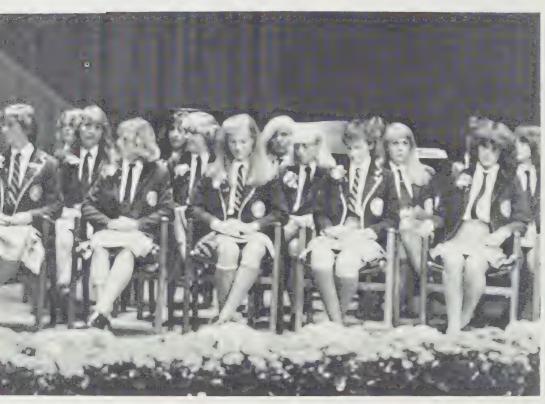
O, wonder!
How many goodly creatures are there here!
How beauteous mankind is! O brave new world
That has such people in 't!''

CLOSING CEREMONIES

The Closing Ceremonies were held at the University Centre on June 17, 1982. The guest speaker was Mrs. Erma Morrison, F.C.A., who is Auditor General of B.C. After Mr. David Hambleton gave the Invocation, many prizes were presented. Dr. Jean McCaw, Chairman of the Board, and Mrs. Christine Bullen gave their reports. Then, Maureen Young, Head Girl, gave her address, after which the Diplomas were presented to the Grade Twelve class.









To close the ceremonies, the Senior Choir sang three selections: "Round of Goodbyes" by Frederick Silver, "Brother James's Air" by Gordon Jacob, and "Movin' On" by Raymond Hannisian.





ST. PATRICK'S DAY

The Grade One parents organized a St. Patrick's Day lunch on March 17, 1982. Baked potatoes, cooked at Centauro's Restaurant, were the order of the day. To add to the "Irishness" of the occasion, Grade One created an Irish Cottage, complete with thatched roof. Chickens in the roof space added a note of authenticity.







SCIENCE FAIR

This year we have had another successful Science Fair. Each of the competitors has shown originality not only in their choice of topics but also in the way they were presented.

From grades 8 & 9:

Emma Marley received 1st place for "The Aphid Investigation"; Michele Scanlan came 2nd for her "Mould" project; Meg Tassie placed 3rd in this category for "Animal Support — Legs as a structure." In grade 7 Nora Wood and Elizabeth Fontaine came 1st

for their project on "Animal Skeletons."

In grade 6 the winner was Lisa Blake for her project on "Animal Manure."

Several of the students went on to compete in the Vancouver Island Regional Science Fair.

In the intermediate section:

Elizabeth Fontaine placed 2nd — "Frames For Life."; Lisa Blake placed 5th — "Animal Manure."

In the junior section:

Michele Scanlan placed 3rd with her project on "Mould."

Congratulations to all the competitors and the best of luck on next year's Science Fair.

THE NORFOLK HOUSE TALENT SHOW 1982

The Opening Act: The Muppet Show Theme: Grade 10 Introducing Our Hosts: Nonny and Anna!!!

Nominations: Best and creative way to move feet!

- 1) Bonnie Frazer
- 2) Meagan
- 3) Petra

Best Vocal Award!

- 4) Katie O
- 5) The Ga Ga's
- 6) The Cat's Trick

The Best Pianist Award!

- 7) Gina
- 8) Jennifer Doyle
- ... and now for a news break . . .
- 9) Lindsey and Robyn

More Nominations: Best Game Show!

- 10) The Uniform is Right
- 11) The Norfolk Feud

The Best Joke!

- 12) Brenda and Sonya
- 13) Marsha and Company
- 14) Lisa and Lea

And now a word from our sponsor . . .

- 15) Margaurite and Company
- 16) Lindsey and Robyn

Some more Nominations: The Best Dictation in Poetry

- 17) Heather and Anna
- 18) Nora and Michelle

Now for a special presentation straight from Broadway . . .

19) The teachers!!!!!!

... A little Criticism!!

20) Sara and Zoe

THE GRAND FINALE BY THE GRADE 10's!!!!!!!









OLD GIRLS' ASSOCIATION LUNCHEON

A luncheon was held in the school library on Saturday, May 15. About 50 former students were present, along with "old" and "new" staff. Many memories were exchanged and friendships renewed. Sally Burrows was elected as the new President of the Association. All were delighted about the school and its work; it was particularly pleasing to see Miss Scott, our former headmistress, on this occasion.





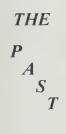
Rosalind Harrington (formerly)

OF

1961



THE



Ann Mary MacDougall 1952-1961



Daphne Margaret Gage 1952-61



Madeline Elizabeth Jane Cruickshank 1947-61



Diane Frances Lillian Saville 1952-61

QUEBEC TRIP

On April 17, 1982, thirty-two students from St. Patrick's High School in Quebec City came to Victoria for a one-week stay. Each student had a billet, either from NHS (Grade 10) or Glenlyon (Grade 10). During the week we visited many sights around Vcitoria, including the Parliament Buildings, Butchart Gardens, Pearson College, the Law Courts and the Provincial Museum. We had a good time during the day, and an even better time in the evenings! To top it off, on Saturday our group went to Vancouver for the day. On April 25 the Quebec billets left for home after a super time.

Two weeks later, on May 15, our students left for Quebec. After our arrival, we were given a reception at the High School. Every hour of every day was packed full of fun events. On our first day we visited the Shrine of St. Anne de Beaupré. The next day, after we were addressed by the Principal of St. Patrick's, we went to the Musée de Quebec which was full of beautiful paintings and statues. During the afternoon, we had a tour of old Quebec which was extremely interesting and picturesque. Other events during the week included a visit to Laval University, a talk at the City Hall, a trip to Montreal (Olympic Stadium), shopping at the Place Laurier. During the evening we attended many parties. We ended our trip with a super banquet on the last night, in addition to a film of the trip, awards, speeches, and laughs. At the airport the next morning, we were very tired. When it came down to the goodbyes, everyone was crying and upset. We wished it could have lasted just a little longer. We made many long-lasting friends that we shall remember forever.

Penny Greenwood



STRATHCONA TRIP MAY 1982



Last year's 9's and 11's packed themselves off to Strathcona for an enjoyable and informative week. On the morning after our arrival, we practised canoeing to prepare us for the trip ahead. After a scrumptious lunch, we hiked up to the rope course; in the evening, we were busily preparing for the next morning's trip. After four hours of hard paddling, we finally arrived at Wolf Creek; there we set up camp. By the time we had made pizzas for supper and devoured them, we were ready to "hit the sleeping bags."







Unfortunately, our trip back was made against the current. To make matters worse, on our return we had to stand in line for showers. Other activities included kyaking and going on the "Bog Walk". From this latter experience, we learned to contemplate life, eat trees, and try to stay dry. At the end of our stay at Strathcona, the famous dance was held at which we all had a good time. All in all, the trip turned out to be much better than we had imagined.

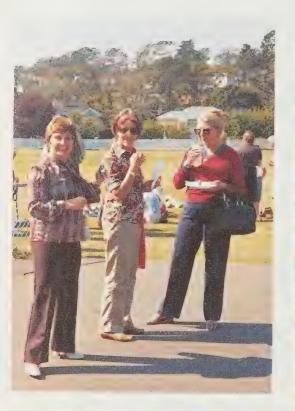
Siobhan Collins

The Barbeque

The annual Norfolk House barbeque was held on Saturday, 18th September. This was a family event and a casual opportunity to get to know other parents and teachers, not to mention a nice way to start off the year. Then, of course, there was the tasty baron of beef.

C.W.











Mrs. Bell-Irving
on Tuesday, September 21, 1982, Mrs. Bell-Irving, the Lieutenantjovernor's wife, came to see our school. She visited classrooms and alked to the staff and students. It was a very enjoyable experience for ll concerned; Mrs. Bell-Irving wrote afterwards expressing her leasure with the visit, and her hope that she might come again in the



Balloon Day

In September the Primary students held a Balloon Day. The heliumfilled balloons had messages attached to them. The finder of each balloon was asked to write on the card, stating where the balloon had landed. Thus, it would be possible to find out the prevailing wind pattern. The replies received showed that the wind had been coming from the west.







sponsored by Mrs. B. Collis

JUNIOR-SENIOR HOCKEY GAME

The Jr./Sr. Hockey Match was held in October, 1982. The entire school was let out in the afternoon to cheer on the teams. Both teams played extremely well, though the senior team won 3 to 0.

J.H.















Inter-House Swim Meet

The Inter-House Swim Meet was held on October 8 at the Crystal Pool. Derham was the winning house with 359 points, although the red flag of Caister proclaimed the most spirit. Along with the student races was a big visitor-teacher race.









ALF'S RETIREMENT

Over the past years, Alf Gaston has been a very valuable and cherished part of the Norfolk House environment. However, much to our regret, Alf retired in September. To show our appreciation, he was presented with many gifts and words of phrase. During a special assembly, Alf was given a silver tray, inscribed with his name and years of service, by the student body. After the main assembly, a presentation was made to him by the teaching and office staff, the Parents' Auxiliary and the Board of Governors. Flowers were presented to Mrs. Gaston, and a tea held in their honour. Both Mr. and Mrs. Gaston expressed their deep appreciation to all concerned with the gifts, and in particular, wanted us to know how much they have enjoyed being part of such a "loving family" during the last eight years. We will all miss him very much, and we will always remember his spirit and liveliness around our school. Thanks for everything, Alf!











HALLOWEEN

Halloween was celebrated this year at NHS by dressing in costumes. A wild variety could be seen that day! A pumpkin-carving contest was also held.



NEW ARRIVAL

Mr. & Mrs. James Kennedy had a baby boy,
Philip James
on August 29, 1982. He was 7 lbs. 10 oz. with reddish-brown hair and blue eyes. Congratulations from all of us at NHS.







LES FARCEURS

On Tuesday, October 26th, 1982, a French play company called "Les Farceurs" came to perform four fables and two short farces in French. Glenlyon's senior school joined us in the gym and all had a most entertainingly educational time.













Les enfants en vert

Je vois que les enfants en vert
Deviennent rapidement les enfants en bleu
Et je crie tout le temps "Que vous importe hier?"
Pourquoi n'y a-t-il pas de fidelité?
Pourquoi pas nous premières?
Heureux, Heureux! Mais je suis heureuse!
Pourquoi pas rester avec votre mere?
Nous vous donnons l'experience
Et vous partez sans regarder en arrière
Peut-être, un jour, viendra un temps
Quand vous désirerez de l'air
Et ils vous diront "C'est impossible!
Vous auriez du demeurer une enfant en vert.

Jennifer Doyle, Grade 12

Now and Then

I remember the pony tails and baby fat,
My favourite walking doll and a baseball bat.
Grade One started, a frightening day;
Then Grade Eight arrived even faster.
It seemed as though Grade Twelve was far away.
But it's here now: the end and the beginning.
To my Class of '83, best of luck in the future.

Jackie Deeprose, Grade 12

Time to Bloom

You began as a seedling,
Carefully planted and allowed to grow.
Now, you are ready to blossom:
The time is ripe for joy and sadness.
You started as a sheltered bud,
And you have grown up the stalk.
It is time to bloom.
Yet, beware of advancing too quickly,
Or frost will snap your spirit.

Melanie Phillips, Grade 12 Senior Winners

FIRST PRIZE

This Blood Won't Wash Away!

So many lives are now long gone; Both old and young were taken, From bloody hills many come, Alive, some wounded, most shaken.

The brave man fought for freedom; The best of them did die. Some women fought to serve them, The rest sat home to cry.

Oh, those leaders though they're clever, There's not much more to say, The pain and memory will stay forever, This blood won't wash away.

> Cathy Weidner, Grade 10

SECOND PRIZE

A Person in the Past

Your eyes reflect the Hate for me, The hand I feel will strike; I'm scared of you which you can't see. This kind of pain I do not like.

Once you were an image to me; A man of great respect; Your kindness was plain to see. That image has long been wrecked.

A bottle of heavy liquor was yours, You thought you'd found a friend. One swing sent me across the floor; Please tell me if all this hell will end.

I feel your aggression and rage; And one of these days I shall fall. I shiver, I'm helpless in your cage. To escape you, I can't walk — I crawl.

What have I done to you,
A child you had once wanted?
You said I was pretty; now I'm black and blue;
My thoughts of you will be haunted.

I remember when you used to hold me tight, You'd wipe away a tear; You were always there to ease my fright. Now you're the object of my fear.

Up from your chair and I'd cower; The deep voice you possess makes me small, My strength will never match your power, I'm here to serve your every call.

At night I ache from head to toe; I still can hear your anguished pain; To think of that face you'll never show, A person in the past is never the same.

How do you ever expect me to forgive, My memories of you are of hate. You've made my life so hard to live, So hard to forget. It's too late.

THIRD PRIZE

Reflections on Lights and Tunnels

I can't see it yet, I'm told it's there. It's dim and distant, But exactly where?

To the right, to the left, Or stay the course? We make choices, Yet are led by force.

I see it now, But the tunnel's bare. My friends have gone, How can life be fair?

Different lights, different tunnels, Do we ever dare? How can we not: We're almost there.

Susan Robinson Grade 12

Junior Winners

FIRST PRIZE

I Know the Secrets

Come with me to the railroad track,
Come with me and I'll show you the secret of the dar.
Over the river and into the tunnel
I'll show you the secret of the dark.
And you shall know what no one knows;

Where does the dark hide when the sun rises up?
Where is its hide-away when the world is bright?
These things you shall know
If you come with me, over the river and into the tunnel.

Come with me to the old, old swamp Come with me. I know where the old witch hides. I know where she lives and cuts her life strings. I know the secret of life.

> Rachel Curran, Grade 6

SECOND PRIZE

A Conversation With a Leech

One day when I was at the beach,
On my foot I caught a leech.
The leech who was a friendly fellow,
Had purple spots and lines of yellow.
And then I said to the friendly chap,
Who was slowly climbing to my lap,
"I do not think it's very funny,
To run and jump upon my tummy,
Then choose me for your mid-day meal,
And suck my blood until I squeal."
With that the leech jumped to the ground,
And quickly wriggled under a mound.
I hope you like this little poem,
And now I think I'll go straight home.

Heidi Reimer, Grade 6

THIRD PRIZE

The Beach Things and Some Perfume

At breakfast time my mother asked, "Would you like to go to the beach to find little shells?"

"I would love to," I said. So we went. I asked mum if we could have a picnic. She said, "Yes." When we got to the beach I asked mum if I could go exploring.

She said, "Yes." So I went exploring. I found two shells and a piece of wood and a nail and some perfume. Then I sprinkled the perfume on everything to make them smell pretty. Then I took them home. I put one of the two shells up to my ear, I heard the ocean. They were happy living there.

Rosemary Basnett, Grade 2

Lara Chalmers, Grade 10

METAPHOR POEMS

eleste Hambleton

bony knuckle bubbly laugh. can of sardines eanut butter and lettuce khaki coloured knapsack cat in a mousey world.

> Nammarra Dokken, Grade 9

mone Brown

very tiny bumble bee that is trying very ard to stay alive by collecting pollen, nd the breeze is running by, like ittle dancing ballerinas.

> Annabel Clark, Grade 10

sichele Meisler

ottle green and sleek as a panther, unning along the streets of London ooking for her cats. he cream and bananas lovered in chocolate sauce.

> Lesely Templeton, Grade 10

Annabel Clarke

Lot pink
Like a monkey's tongue,
Coloured by strawberry bubblegum,
Running along the California beaches
In her leather sneakers and
Daniel Hecter sweat shirt.

Lesely Templeton, Grade 10

Lise Lotte Loomer

Beige dusted with snowflakes Gently, gently, Lake rippled sometimes A peach in pieces Sitting on a stoneware tray

WITE TO THE RESERVE OF THE SECOND SEC

Margaret Drent Grade 10

Shannon Takacs

A shiver down your spine Summer hair A turquoise daffodil A full moon Baking soda in a toffee mix

> Julie Chant, Grade 9

Tall soldiers standing in a row: Parade of trees guarding in the grove.

> Karen Ellis, Grade 9

In a tiny lunch kit An apple sits— Lunch is far away.

Anne Litner, Grade 5

Norfolk House School

The School has been open for 70 years,
Through good times, bad times, joys and tears.
Our teachers work hard and are full of laughter,
The students work well, but not until after . . .
While the teachers look neat in fashionable dress,
The girls sometimes look a total mess.
All of us are friends in and out of school;
We even have swim meets at the Crystal Pool!
The School has been open for 70 years,
Through good times, bad times, joys and tears.

Shelley Clark, Grade 9

Lara Chalmers

A bright red flute
High pitched and lively,
Full of bounce until . . .
The air has seeped away.
Then cool, quiet, calm, yellow.

Jane Barr, Grade 10

Janice Hope

One seagull soaring over lime oceans, Beside hazel cliffs of sand, Above a long deserted beach.

> Kathleen Ryan, Grade 10

Margaret Drent

A yellow sun shining over A broad valley.
A cup of mocha coffee.

Megan Jenkins, Grade 10

Celeste Hambleton

A river current, Twisting and turning, Like a bowl full Of raspberry jelly.

> Carolyn Deeprose, Grade 9

Maria Hernandez

A landscape full of bright lollipops and peppermints
A lazy, dancing bear who is tired of the circus
Christmas morning and a cracker without pickles

Sarah Lloyd, Grade 10

Lesely Templeton

Delicate
Rose petals
Porcelain, an old fashioned doll face.
Paris in the evening, graceful and elegant
A white flowing gown of intricate lace.

Wendy Tse, Grade 10

Miriam Shaya

Bursting with happiness,
Like a ripe, ruby chestnut — so shining and sweet.
Interested eyes laced with
Long dark lashes,
That watch the world turn somersaults.

Karen Luke, Grade 9

Lara Bergseth

A bottle of bubbly champagne bursting with energy But the bottle will shatter if touched A speed boat moving amongst drifting sail boats A bright yellow lunchkit with a shining apple in it A rainbow in a black and white world.

Alex Wardell, Grade 9

Diamante

School
Large Noisy
Working Writing Answering
Paper Glue Rulers Books
Talking Resting Playing
Happy Peaceful
Holiday

Sacha Rerrie, Grade 7

LIFESTYLES

Honking Horns,

Sirens Blaring. Chirping Crickets,

Lowing Cows.

Flashing Neon,

Looming Danger. Twinkling Stars,

Quiet Dark.

Dripping Faucet.

Busy Street. Creeking Pump,

Lonely Trail.

Endless Choices,

Money Matters. Basic Essentials,

Nature Provides.

So many contrasts, Only one choice.

Betsy Donald Grade 9

Yellow Daisies

Fresh
Open
Honest
Unassuming
Innocent
yet Aware:
Decider of Love.

Stacey Jessiman, Grade 9

Melissa Wigham Grade 3

Red

Red is fires that blaze Through the wind. Red is strawberries That are growing Red is construction paper That you cut. Red is a rose That droops.

> Katrina Dorken, Grade 1

That's What Winter Is!

Snowflakes, snowballs and snow fights. Christmas trees and Christmas lights. That's what winter is!

Frozen ponds, icy hills, Always little thrills, That's what winter is!

> Erica Kjekstad, Grade 3

Egg Nog

I know a little dog Who likes jumping over a log Who eats just like a hog And his name is Eggnog

My little dog, Eggnog
Is white and light
And I squeeze him tight
With all my might.

Shauna Smith, Grade 3

The Shell

My tears run like liquid night, A small stream winding its way down my cheeks, splitting; then again Forming a fine black web, Covering my face, slowly; Spreading like twilight, To envelop me in its shell: cold back shell That keeps out the heat of my Burning emotions, renewed layer after layer after layer Until it becomes my tomb.

> Meg Tassie, Grade 9

Blue

Blue is Blue Jeans
That I wear every day.
Blue is Bubble Bath
That I sit in.
Blue is the colour
Of my mom's eyes.
Blue is a blue mood
When I am sad.

Lindsay Koehle, Grade 1

Cats

White and brown cats with yellow eyes.
Catching mice every size
As they run wild around
Still they make not a sound.

Amy Weidner, Grade 3

Black and Gold

Everything is black and gold.
Black and gold, tonight.
Yellow candlelight
Jet Black cats with golden eyes.
Shadows black as ink
Firelight blinking in the dark
With a yellow blink
Black and gold
Black and gold
Nothing in between
When the world turns
Black and gold
Then, it's Halloween.

Ruby Sodhi, Grade 3

What Winter is About

Winter is snowflakes falling
From the sky.
Winter is a snowman in your
Backyard.
Winter is a season most
Children enjoy, time to ski, skate
Toboggan, and have hot chocolate
And go to bed.

Melissa Wigham Grade 3

The Witch Who was Sick

One day a witch was being chased by some police. She found a boat. She paddled as fast as she could. She was sea sick. She stopped. "Snap, Snap Snap." There was an enormous alligator. He started to chew her. "Delicious" he said. The witch cried "get me out of here. Oh good here comes an ambulance". She opened the alligator's mouth. She swam to shore and went in the ambulance. A seal was driving it. He put her on the bed. They operated on her. The seal took her off the bed. The seal took her to the hospital. They operated on her again. When they had finished she felt good as new. She went home and sat by the fire.

Fiona Ely, Grade 2



Flowers

I like flowers.
They are nice.
Sometimes they
Smell like spice.
One day I picked
a rose,
It smelled just
like my toes.
I said "what?
A rose that smells
like my toes?"

Gina Cocayne, Grade 2

The Horse Race

Funny!

Blurred colours pass the stands.
Anxiety thickens in the crowd.
Galloping hooves are heard on the track.
Disappointment increases as luck decreases.
Tickets of chance are soon forgotten,
As the winner is declared.
Shattered dreamers pass through
The gates of reality.
Victory for few and despair for many.

Christa Zimakas, Grade 10

Across the prairies, The horses run. The moon is full.

> Tiffany Loney, Grade 5

A lonely prairie Dog barks, The sun wakes up.

> Cathy Quirk, Grade 5

On a palm branch A mynah bird chirps A Hawaiian sunset.

> Marguerite Gaudin, Grade 5

In a box
A new puppy is waiting
Christmas is three hours away

Maila Williams, Grade 5

Injustice

Our beautiful, free country,
Strong and proud,
Is like the baby eagle
Who leaves his home and family,
To settle in a land beyond.
Completely alone, he is scared, yet determined
To build himself a home, a heritage, a history.

At first, of course, there is war:
The new and the old battling for the title.
The eagle wins,
Defeating the old raven.
Not from justice,
but from power.

In time, the eagle, now majestic and sure,
Has a family and is content.
But the ancient war continues
Every once and a while.
The old raven returns to try and claim the title;
Capture the crown.
The old bird is always defeated,
Left to crawl back
Where injustice has left him to survive.

Canada remains strong and free, The eagle who crushed the raven.

> Penny Greenwood, Grade 11

The Unicorn

I search for the Unicorn
His horn shining bright
His eyes like the sea
And his coat glossy white.

I look up in mountains where the snow is so fine, But all I see are great mountain lions.

I look in the desert Where the sun is hot, But all I see are camels asleep in their sandy cot.

I look in the meadows Where the clouds hang low, But I only see the big buffalo.

I haven't found my unicorn yet; But when I do he'll be my pet.

> Moira Wilson, Grade 5

C anada - the land of freedom with

A west and east coast of beauty and rugged scenery

N ature at our call — forests, wildlife

A nd towering mountains of snow, standing proud.

D esolate and tranquil places with an untouched beauty

A country of peace.

Charlotte Wardell, Grade 11

A Cinquain

Oniet

A lonely wind

A bird singing alone

Whispering wonders squeal and laugh

Silence . . .

Lisa Darms, Grade 7

Secrets

Come with me to a special place,
Where the pond never ends and where
the rabbits race,
Lets go where a field carries on,
Where birds will sing a pretty song.
Enjoy yourself and look in the sky,
You can't see where it ends; how come, and why?
I'll teach you about nature, the animals and trees,
I'll teach you about the ocean, rivers and seas.
If you want to know more, come
again and very soon,
And I'll teach you about the
stars and the sun and the moon.

Alison Loney, Grade 6

Vowel Poem

A – a pair of long legged flamingoes beside a clear pond of golden fish.

E — A small green duck sleeping by its pond, his tiny head buried deep in emerald feathers.

I Clear icicles hanging from a country porch roof.

O — A bold splash of turquoise on a blank canvas of an elderly painter.

U — An orange tabby cat softly padding across the yello kitchen floor

Kathleen Ryan, Grade 10

The Dolphin

The sun was setting, making a wide ribbon of scarlet and pink on the surface of the sea. My eye caught a leaping motion in the distance. Graceful and strong, leaping, curving and then diving.

Sacha Clarke, Grade 4

Diamante

Snow
Freezing Picturesque
Falling Swirling Frowning
Labour Play Fight Happiness
Dancing Heat Smiling
Fiery Scorching
Sun

Kirstin Gunther, Grade 7

Spring Emerging

Looking out, staring at the trees, Marvelling at the absence of leaves, I notice the abundance of blossoms.

Yet, one in the crowd of blossoms is bare, Just like an old man without his hair, Sitting lonely, by himself, Without that beauty.

> Janna Allen, Grade 9

Emotions

Like the season,
Emotions change:
Love is the spring,
Sweet and warm;
Anger is the summer,
Hot and merciless;
Fear is the autumn,
All senses fall and die;
And Hate is the winter,
Bitter and cold:
A barren wasteland.

Alison Pledger, Grade 9

My Favourite Time of Year

The sun of summer sank more swiftly,
And was swallowed by the seas,
When the golden leaves that hung
Fluttered down with the slightest breeze,
And when the fresh raindrops were falling
From the roof-tops, tear-by-tear,
I knew that summer fun would end,
Now that fall was coming near.

But autumn passed so quickly, With all its beauty to bestow, And winter was upon us, With shorter days, sleighs, and snow.

Snowmen were a joy to build, And sleighrides just as fun, But it seemed that winter ended, As suddenly as it had begun.

So winter melted into spring, New buds were all around. The snowy blanket now had vanished, And fresh grass covered the ground.

The Rainbow

After a short morning's rain,
I pressed my face to the window pane.

Water droplets clung to the grass, Shining brightly like polished brass.

Flowers swayed gently in the breeze, And leaves rustled quietly up in the trees.

As I raised my head to gaze at the sky, A cluster of colours caught my eye.

The fragrant air of spring was now Around us all the day. The flowers bowed their little heads, Hoping spring showers would not stay.

Spring, it was so beautiful, But soon it must give way, So summer could enter on the scene, And with it, so did play.

The children welcomed summer, And the things that went along: School holidays and family trips, And playing all day long.

And then the sun of summer, Again was swallowed by the seas. The day's length was shortened, The ground was soon to freeze,

And so the seasons carried on, Improving with each year. I have to say that every day's My favourite time of year.

> Petra Johns, Grade 9

It seemed as though they had been painted there, So perfect, so pretty, all I could do was stare:

Pinks, purples, blues, yellows and reds, "Like a taste of Heaven," someone once said.

I knew the Rainbow was not meant to stay, And it soon began fading, 'till it melted away.

I watched it slowly disappear from sight To end somewhere else, for another's delight.

> Megan Atchely, Grade 9

Nature, Our Dictator

Sandra

Red, Orange, Yellow

Gently Landing

Blowing away

Rustling

Around

Oak

sky, calling out to the once blackened and fruitless earth, is revealed. Our rosy cheeks and cheerful smiles, by courtesy of spring, are further nurtured by the hot summer sun which browns us like roast potatoes, as we bake on the seashore. No longer do we need our jerseys and woolen mittens, but instead turn to cotton dresses and carefree hairstyles. By the time summer has passed, much of the new animal life moves on in search of a warmer climate. All too soon the once soft and delicate leaves, now scarred and scorched by the hot summer sun, fall noisily to the ground. Being drained of all energy by the relentless heat of the long summer days, we, too, fall like the dry autumn leaves and prepare to hibernate once more.

Like gently rolling waves are the seasons as they ebb and flow, bringing with them new impressions. One does not often consider them as a governess, dictating what one should wear and how one is to feel. In essence, we change as the seasons come and go. For instance, when we see the fruitless trees and our barren surroundings, we immediately feel akin to our surroundings: dark, withdrawn and frail. Hoewver, as soon as the fresh scent of spring wafts through the air, our dark, heavy clothes and idle ways disappear; our eyes are opened to the new life all around us; and we are like old houses with a new coat of paint. Old folk feel young, and young feel even younger as the dark curtain which enveloped the sky for so long is pulled back, and blue, celestial

> Elizabeth McLeish, Grade 9

'og

og comes creeping on tip-toe, ilithering, sliding, keeping low. An image of gray before my face, Creating a closed-in sort of peace.

The lighthouse flashes a beam of light, Jiving me a second's worth of sight. Then the darkness returns once more, And remains the way it was before.

The sun breaks through the ceiling of gray, Revealing now a brand-new day.
All of a sudden, tiny and new,
Little beads of spider dew,
Suspended from each gossamer web,
Glitters on each invisible thread.

Caroline Riedel, Grade 9

Haiku

Water is running touches a hanging willow And hurries away.

> Jennifer Mortimer, Grade 4

Haiku

The brilliant colours
Of the sitting sun shine down
On the deep blue sea.

Elizabeth Drent, Grade 4

Haiku

In the rose garden
The flowers bow to the sun
Swaying in the wind.

Shannon Lee, Grade 4

Gentle Giants of the Sea

Suspended in an air of water are The gentle giant companions of the sea. As they rest, the round, light bubbles Of their breathing rise to the Smooth surface — popping. Tired drooping eyes turn mournfully Towards the approaching diver and Close slowly; they are calm and Peaceful white doves. In their comfortable padded chair of brine, They dream greedily of small plankton. Feelings of love and friendship crowd Their thinking; they are uninterested and Unaware of the evil world outside Their harmonious one. These are drowsing kings of the wet world.

> Kirstin Gunther, Grade 7

The rain falls, Like Crystals While the window catches Them as they break.

> Robin Brown, Grade 5

Beauty

The proud, white swan
Arched its snowy neck,
As it glided out of the
Secluded bay.
It hardly made a ripple,
As it flowed through the silence.
And no one saw its pride,
As it flexed its marble wings.

Lisa Williams, Grade 9

An old barn All is silent Dawn

> Laura-Dawn Petrie, Grade 5

The Guardian

Tall and majestic
It looms over the water;
Craggy limbs guard the life forces
From the raging storm of life at its feet.
The waves buffet it,
But it withstands the onslaught,
The wind whirls through like a hurricane,
But the giant only rustles slightly.
Its limbs have lived through many years
And many storms like this one;
Some worse and some better.

Some worse and some better.

Some quieter where the waves just rode high on the water,
But others so deafening and wild

That the sea seemed to throw up everything;
Logs, stones, boats, seaweed and anything else in its path.

This tree has lived for millenniums
Its noble figure weaving intricate patterns in the blackness of space

And it will live until the end.

Even after death it will stand undefiled
A proud white skeleton, a tell-tale of past lives.
This tree is ETERNITY.

Rasma Bertz, Grade 9 (E2)

Dreamland §

Alone in bed I dream
Of stars and moonbeams,
Of ships and kings,
Of desert islands, and other things.

In dreamland I travel
To where the sky meets the sea;
To the North and to the South,
I travel alone and carefree.

Then the hour arrives,
When I must return to reality.
Sadly I go, sustained by the thought
That soon I shall return
to Dreamland.

Rosemary Barlow, Grade 10 Prairie

Sun-stained snapshots
Of golden, grain-filled fields
Impress upon our minds the bounty
Of the yearly yield.
We stand up tall
And drink it all in:
The sunshine, the sweet air,
The sounds of life and love,
Until we become
Drunk like bees on ambrosia.

Jenny Williams, Grade 11

Three Colourful Things

Colour is beauty
A golden heart, flowers bright
A shining rainbow.

Mara Cosh, Grade 6

The rain falls, Like diamonds, I am rich.

> Tanya Hubbard, Grade 5

The crisp water
Splashing in,
Feeling the hard rocks.

Karma Miller, Grade 5

The Sea

The sky black with cloud, Rocks battered with white water, Thunder on rock loud. Waves hitting with all their might.

The sea, a wave of hues: White hats, bellies green, Black Backs, legs blue, Waves looking mean.

The wind whistling like a cracking whip, Driving the white, wild waves, Beaches being whipped, stripped, Water making graves.

The white bubbly spray, Shooting up in hazy fans; In comes the end of the day, Completing nature's plans.

Anre Friedmann, Grade 10

If Only Time Could Stand Still

I see the sparkling blue lake,
Dazzling under the bright sun.
From my seat on the hill,
I see a slim canoe split the water with its bow,
and send the shimmering water rippling behind it.
The lush green hills and trees stand out
against the clear blue sky.
My wish is to stay here forever.
If only time could stand still.
But I must leave,
I hear someone calling me.
The radiant blue of the lake fades
behind me as I slip away.

Anne-Marie Middleton

Musical Transformation

I want to be a musician,
As I play the troubles of the world away.
The notes create a new world;
All of time comes together and blurs
in the mind.
As I stop, reality sets in and
The pure notes are interrupted
By a sudden gun shot:
The shattering sound, silence.

Lorien Benet, Grade 9

The Prison

Cold and damp, Dark and quiet, The lonely man, Eases his way To the left-over, Stale bread from dinner. He eats it slowly, Cherishing each bite. The cell doors are locked; The view is limited to the Cell across the walk. He sits down on an icy chair, Watching the water leak, For it is raining outside, But now would he know, Other than the damp on The floor by his feet. He listens to the low groans Of sick men in their sleep. Some are healthy, others delirious. Soon he begins to shiver, as He thinks: If this is what We are subject to After a criminal deed, Surely repentance has been paid.

> Jeanette Dryden, Grade 9

A comforting friend on a rainy day,
A fresh clean smell that wakes up your nose
The quiet rustle as new pages turn
The deep satisfaction of reaching the end
The regret to have to put it back on the shelf
And that no more is to be read
A book

Jill Newton, Grade 9

Nobody Cares

Nobody cares.
What's happening to our world today?
Nobody cares.
I've seen it happen.
A person drops dead in the street;
No one looks up.
Nobody cares.
You, her parents, you care.
Nobody else cares:

Nobody else cares:
She's not at work,
She's not at school.
Nobody cares.

Nobody cares.

Life goes on.

Oùr lives go on in one big circle Around ourselves. Our life goes on;

We think only of ourselves. Nobody cares any more.

What's happening to our world today?

Emma Marley, Grade 9

Ecstasy

Ecstasy can be seen in the eyes of a cat, as the wind whistles around its whiskers, before he pounces on a dancing leaf.

Ecstasy is experienced by lovers watching a sunset, as the sun, sinking slowly seaward, dies, before they stroll quietly homeward.

Ecstasy appears in the eyes of a child, as he receives a "razz-berry red" balloon, before he frees it skyward.

> Robin Horner, Grade 10

I'd Like to Be . . .

I'd like to be a good glass of wine.

I'd be white and fine.
I'd like to be smooth and rich,

I'd be cooled to just the right pitch.
I'd like to be sweet and pure,
I'd be the millionaire's emotional cure,
I'd like to be a party's giggling cause,
I'd be poured into over-indulgent jaws.
I'd like to be a 50th anniversary drink,
I'd be drunk by an elderly lady in mink.
I'd be so delicious, I'd be drunk down with haste
I'd like to have a sensational taste.

Nicola Hile, Grade 9

Colour Images

Pink — A baby's velvety hand, reaching for its mother's.

A flowering carnation, opening to the morning sun.

Red — A deep-coloured rose in the morning with dew drops dangling from the petals.

A drop of blood on an all white surface.

Blue — A fresh icicle hanging from a mossy rock.
White — The purity of an angel in a flowering gown.

Black — The darkness of night, broken only by twinkling stars.

The deepness of an undiscovered cave.

A hearse travelling along a quiet road.

Kristina Marshall-Lang, Grade 9





CAISTER

Well Caisterites,

This has been a good year and I want to thank you all for everything you have done. The House spirit was incredible this year, and we definitely proved that at the swim meet. Thanks for coming to the House meetings (even if you had to be bribed with Jelly Beans to do it), and thank you for your support. There are too many people to thank, so I'll just say thanks to everyone who has contributed this year; I will miss you all.

Think red or be dead!

Jenny

DEREHAM

Dear Derehammers,

Despite the slipping House spirit this year, Derehammers have managed to come forth and show their true spirit and fierce competitive natures. Our fantastic inter-House swim meet victory was glorified by the enthusiastic cheering and the terrific sportsmanship. We had various stunning victories in the inter-House sports competitions and I would like to thank everyone who participated and especially those who showed their support by cheering on the athletes.

We had many House parties this year which were enjoyed by one and all. I would like to thank everyone, especially the Juniors, who contributed. Finally I would like to thank everyone for their support during the year and especially the House Representatives for generating so much House spirit, and for their constant willingness to participate. Good luck in the events of sports day, let's take the trophy from Caister this year!

Best wishes always Derehammers, Cathy Windle.





WALSINGHAM

WYMONDHAM



Dear Walsingham, Motto: "Never Despair"

It has been a great pleasure and honour for me to head our house this year. The support and enthusiasm shown throughout the year has been fantastic! The juniors, particularly, have done a great job in earning a lot of our House points. Thanks to you all

We have done well in a few areas, including the "Out-to-Lunch Bunch". We led to earning 122 points as of January. Thanks to Tracey, Sharon, Judith, Anna, Gina, Briony and Lisa, for having a lot of energy and running almost every lunch hour!

My special thanks to Penny, Miriam, and Jennifer, for all their support, also to Mrs. Neilson our special "House mommy".

> Take Care and lots of luck, Jackie.

Dear Wymondham,

Our motto may be "as good as gold", but Wymondham, you shine as brightly as the sun. In all my years in Wymondham, I have never seen such spirit and accomplishment.

Being House Captain has made me a better person, and also accessible to more people. In all Wymondham, I couldn't single out any one outstanding person, but there are seventy glowing Wymondhamers of whom I am very proud.

I know what you are capable of, so show the rest of the Houses—everyone should know Wymondham is the BEST.

Thank you Sara, Fiona, Tanya, and all you wonderful House "Mommies"; you were appreciated greatly.

Bonne chance, et merci! Siobhan





HOUSE ACTIVITIES





CLUBS









THE STUDENT COUNCIL

The Student Council has continued to meet on a regular basis, tackling all kinds of issues, from how to boost enrollment, to figuring out how many students make a quarum. So far this year the council has organized a black and white dance and several bake sales; the members can also occasionally be seen peddling Beautiful British Columbia Magazines, especially in assembly. The entire council would like to thank Mrs. Beynon and Miss Jennings for their undying support, and to wish the best of luck to them and to next year's Student Council.



SOCIAL SERVICE CLUB

Some of the projects that the Social Service Club have undertaken include trips every two weeks to The Queen Alexandra Solarium, Halloween Unicef Collection boxes, Thanksgiving hampers, Christmas card services and an Easter party. The numbers of the club have increased immensely since September. Monthly meetings are successfully headed by Mrs. Whitmore.





SENIOR CHOIR





J U N O R C H O I R



The Senior Choir is composed of forty girls from grades 8-12. This group meets on a voluntary basis every Tuesday and Friday lunchtime.

During the fall term, the choir, under the direction of Miss St. Dennis, took part in an evening of "Singing with the Symphony" and also prepared for the school's annual Carol Service.

During the spring term, all energies were concentrated on preparing for "Sentimental Journey", Norfolk's 70th Anniversary Musical Revue. Mrs. Kennedy and Mrs. Read directed the show with the help of all the staff and many of the students.

During the summer term, the choir visited Glengary Hospital once again, and, together with the school's chamber groups, provided some musical entertainment for the patients. They finished the year's activities by singing at the closing ceremonies. This June thechoir says farewell to three students who have given five years of service and we shall all miss them, and their voices . . . Jennifer Doyle, Jennifer Hanley, and Kim Peterhegyi. May you keep music in your lives and a song in your heart!

ORCHESTRA

Each Thursday at noon, one can hear strains of music coming from the Henderson Gym, the Performing Arts Room, and the Grade 1 classroom. Chamber groups, under the guidance of Mrs. Kennedy, rehearse and perform at school assemblies. These groups provided incidental music to the Auxiliary's Fashion Show on February 21 and accompanied the senior choir to Glengary Hospital. Norfolk House is fortunate to have many musically talented students, and we are pleased that some have shared their talents with us.



THE DUKE OF EDINBURGH AWARD CLUB

The Award club has grown considerably from last year. The four students who achieved the bronze level are now doing silver, along with some new members. Activities include swimming, debating, candy striping and other volunteer work, and sailing trips. The "Expedition" section of the award will take place in May, enabling quite a few students to go to Government House in June.

Although it is one of the newest clubs, The Duke of Edinburgh Award Club has generated a great deal of enthusiasm. We thank Mrs. McCullough for her support and hope that at least Norfolk House will achieve a gold medal in the near future.

M. Drent





DEBATING CLUB

The Debate Club has enjoyed a busy and successful year. The season began when Jenny Hanley, Jennifer Doyle, Margaret Drent, Alex Wardell and Mrs. Read flew to Winnipeg to compete in the 1st Annual National St. John's-Ravenscourt Public Speaking Tournament. The girls competed with students from other Independent Schools across Canada and the U.S. during the Thanksgiving weekend. Jenny was second in the Dramatic Interpretation category and eighth overall; Jennifer was second in the Prose Reading category. Three out of four member



teams made it to the finals, giving us an eighth place out of 17 schools and 58 competitors. The tournament showed that Norfolk girls can compete successfully on a national level. The Newman/FISA tournament at Shawnigan Lake School was another success for Norfolk House School. (We were third at the Junior level and fourth at the Senior level, out of a total of nine competing schools. Two students placed in the top four individual debaters category.) The Ravenhurst Tournament took place in November in Nanaimo, and this was a good opportunity for debate novices to gain experience. Our next successful tournament was the Vancouver Island Regional Debate held in February at St. Michael's-University School. Six Juniors - Margaret Drent, Betsy Donald, Meg Tassie, Nonalee Dong, Anne-Marie Middleton, and Karen McCluskey - were chosen to represent Vancouver Island at the Provincial Tournament, the Hammarsjkold, to be held in March in Nanaimo. Three Seniors - Zoe Williams, Anwylyd Bethell, and Jennifer Doyle — were also chosen to go on to the Hammarsjkold. Two Junior teams took second and third place and one Senior team took third place overall. Margaret Drent won Best Affirmative Debater for the Juniors; Zoe Williams Best Affirmative Debater for the Seniors. The prizes for the best individual debaters on Vancouver Island also went to Margaret Drent (Junior) and Zoe Williams (Senior). Three individuals deserve special recognition for their generous donation of time and talent - Mrs. Liane Read, our infallible coach, and Jenny Hanley and Jennifer Doyle for their five years of service.

M. Drent, Grade 10

DRAMA CLUB



The main activity of the drama club this year revolved around the musical revue held in March to celebrate the School's 70th anniversary. Mrs. Read, aided by her Drama 10 and 12 classes, and Mrs. Kennedy conspired to come up with a working script to take the audience on a "Sentimental Journey" from 1913 to 1983. Every staff member was concerned with some aspect of the production, and student involvement was high. A big thank you to Mrs. Kennedy, the Production Co-ordinator, for bringing it all together!



COMPUTER CLUB

The Jr. School Computer Club was established two years ago as a means of providing computer access to the intermediate grades (4-7). The club meets once a week as a large group to examine and explore basic computer literacy skills. Club members then come in pairs at assigned times during each week for "handson" practice sessions. Club members learn to handle both software and hardware correctly, use a range of basic commands and statements, and create personalized programs in both text and graphics modes.

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This year has been another active year for the library. Our book sale was a great success! Many thanks to parents, teachers, students and friends who bought and donated books for our library.

The library committee girls in grades 6, 7 and 10 have been most helpful and enthusiastic. These girls will be an asset to next year's committee.

Many thanks to those who work behind the scenes — to Mrs. Criswick and to Mrs. Locke who is now in her 6th year in the library.

SPORTS

21 MILE MIXED MEDLEY RUN ALL FEMALE 187 PLACE



Dear Norfolk,

My last year at Norfolk has been a thrill as Games Captain. I've seen the school put a lot of energy into team and individual sports as well as cheerleading, which is very important. I'd like to thank the school for the support it has given me as Games Captain and especially Mrs. Beynon for all of her support outside and inside school. Pleasing to me is the ever-increasing number of people who show up for the 'out to lunch bunch', especially in the Junior school. I hope the fun run groups continue to increase in number over the years. I only hope in the future the school will expand its P.E. program by building a larger gym and getting more P.E. equipment.

I'd also like to thank Miss Cooke and Mr. Steel for all their continuing support throughout the year and for giving up their precious time on the weekend to help coach the various teams.

All in all my year as Games Captain has been very exciting and I would like to wish all the best in the future to the next Games Captain, and all those who participate in any type of sport, for they are all equally important in giving our school a name, not only as having high academic standards, but as a school with great participation and sportsmanship in all fields.



1981-82 SENIOR TRACK AND FIELD TEAM

Miss Cooke Mi Mr. Steel R. J. Deeprose E. D. Owenflood

Missing
R. Meakes
E. Creighton

The Senior Track and Field Team of 1981-82 has dwindled since the meets last year; however, there were several meets. They travelled to Vancouver for the I.S.A. in May. Keep up the great spirit, girls!



1981-82 SENIOR TENNIS TEAM

Left to Right
D. Owen-flood
H. Ladd
J. Hanley
L. Hambleton
C. MacDonald
Miss Cooke
A. Grolle

The 1981-82 Senior Tennis Team, combined with the Glenlyon team, placed second in the city league so took part in the city championships. These were held in UVIC., and the team placed third. From there they went on to the B.C. Championships. The tournament was held in Surrey on June 4 and 5, 1982. Although the team did not place, they all had a fantastic time and played exceptionally well.



SENIOR GRASS HOCKEY TEAM





Back Row

S. Davey

P. Greenwood

Z. Williams

J. Andrews

Middle Row

J. Deeprose

S. Robinson

D. Owen-Flood

J. Horwood

J. Hanley

C. Waldmann

Front Row

Mr. Steel

T. Rumsby

M. Phillips A. Bethell

J. Doyle

S. Collins

C. Windle





This year's senior grass hockey team was one of the most successful ever. The team started practising in the summer, and after a successful season in the league the girls came second on the island and I.S.A., which were played during rain storms. Next we went on to the B.C.'s, in Delta, which will be remembered by all of us. Everyday we played in rain, leaving the field looking like a gigantic mud puddle and the team like shivering dishevelled N.H.S. hockey players, covered in mud. We came eighth in the B.C.'s receiving a pennant for this. The sportsmanship was great during the season! Special thanks go to Miss Jennings, who travelled with us as a mum and a great cheerleader, to Mrs. Beynon and the other teachers who supported us when we played on our field, and especially to Mr. Steel and Dr. and Mrs. Kjekstad who gave to us their precious time throughout the season to coach. Thanks!

Deirdre Owen-Flood — left wing — Dee Dee, our fantastic captain, held the team together through our ups and downs. When we were racing up the field, scared to death of the person about to tackle us, Dee was always open to receive our pass. Dee Dee, never out of position and always cheering us on, scored the important goals and was always ready to put mud in Dr. K's and Mr. Steel's hair!

Jackie Deeprose — left inner — great goals, perfect passes, and daring dodges all describe Jackie's performances during our games. Jack was always alert and added great spirit to the team.

Susan Robinson — right wing — Sue is most often heard calling "square" as she runs up the field with the ball, and then assists the team in scoring a goal. What would we do without you, Sue? You're a great winger!

Carol Waldmann — right inner — Carol had a terrific season full of fine passes, stops, and dodges. She was a great asset to the team this year, not to mention her fantastic cheering squad of one voice! Great playing Carol!

Anwylyd Bethell — goalie — Nonny, that little cute face is really deceiving! She was fantastic in goal this year, especially since it was her first year. She reached, kicked, and did everything possible to keep 'em little balls out!

Jennifer Doyle — back — J.D. joined the team at the beginning of the year and sure gave it her all. She learned how to whale that ball right up the field and how to keep the ball away from the goal masterfully. Terrific playing, J.D.!

Sara Davey — right back — Sara, the hockey humour lady, joked around about everything; however she took the hockey very seriously and gave us all the inspiration to win. Great playing, Sara!

Julie Andrews — inner — Although Julie stood on the sidelines a lot, she proved herself to be a valuable player when she got on the field, playing any position. Fantastic!

Tracy Rumsby — right half — Pig Pen was a new member on the team this year, who had never played before; however her expert skills and loudness were sure noticed on the field. Well done, Tracy!

Siobhan Collins — centre half — Our faithful centre half never let the ball or the other team pass her. Aside from stopping those flying balls and whaling the unwhalables she is expert at covering herself with mud! Great playing, sich

Penny Greenwood — left half — Penny put her all into stopping the opposition and succeeded. She was always on the ball! Great season, Penny, keep up the good work!

Zoe Williams — right inner — Zoe didn't let anything get in the way of those tackles. She ran like a race horse up the field with the ball and proved her passes to be perfect. Good going, Zoe!

Melanie Phillips — left half — Big Mel sure did get hit a lot this year; however, she didn't let that stand in her way. Despite her injured knee, Mel whaled on 'em all and stopped anyone that thought they were being tricky by dodging her. Great playing, Mel!

Judith Horwood — centre — A great asset to the team. Judith had the ball on her side all the time. She scored great goals and had plenty of daring dodges. Well played, Judith!

Jenny Hanley — left back — Jay sure could kill that ball when necessary. Jay wouldn't weaken when a ball hit her on the top of her head, she'd waken! That's when no one stood in her way!

Trina Blaauw — back — Trina joined the team during the middle of the hockey season and proved that we couldn't have done it without her. She added a laugh to every game by often making a spectacle of herself. (hint hint!)

Cathy Windle — manager — Cathy was our full time orange-lady and cheerleader. Thanks Cathy for all of your support and pampering.









The Senior Cross-country team has been very active this year. The team entered the Beacon Hill 21 Mile Relay and placed first in the Open Women's category, setting a new record. They also were successful in the Thetis Lake Relays. Well done runners!

Left to right; Mr. Steel

Z. Williams

T. Rumsby

J. Deeprose

P. Greenwood





SR. CROSS-COUNTRY SENIOR VOLLEYBALL

Back Row
E. McLeish
J. Horwood
F. Griffith
Z. Williams
T. Rumsby

Front Row
M. Phillips
J. Deeprose
Mr. Steel
S. Robinson
S. Davey

This year's Senior Volleyball Team did not enter the city league, but after a few successful practices entered the I.S.A. tournament. This was held in Duncan and was a very enjoyable day for the team.





Back Row Left to right:

S. Skelly

A. Clarke

Middle Row

Miss Cooke

M. Scanlan

M. Johnson

M. Meisler

C. Frazer

L. Loomer

M. Drent

Front Row

C. Zimakas

K. Ryan

E. McLeish

J. Barr

J. Damant

C. Horodyski

C. Deeprose

JR. GRASSHOCKEY

The Junior Grass Hockey team did very well this year in the city league. They won 3 and tied 3 of the 9 games played. The season ended with the City finals where the team placed 5th overall.



JR. CROSS-COUNTRY



Left to right:

S. Skelly

S. Jelich

S. Harriott

B. Parry

S. Abbott

F. Griffith

Mr. Steel

ELEMENTARY CROSS-COUNTRY

The Elementary Cross-Country team had a very successful season. Sara Plumpton, Lisa Blake, Marsha Griffith, Sharon Jelich, Christy-Ann Collis and Shannon Harriott participated in the Midget category, and Fiona Griffith was a top competitor in the Junior class.











Top left to right:

Mrs. McKinnon
T. Alton
J. Mortimer
M. Williams
A. Wall
S. Plumpton
C. Quirk
A. Kent
Mrs. Morehen
Middle
R. Golby
A. Semple
L. Blake
J. Halbert
E. Basnett

K. Gunther Front J. Loney R. Neilson

M. Griffith

S. Friesen T. Franklin M. Gaudin

T. Loney
A. Loney





Top left to right:

C. Carter

S. Skelly

C. Frazer

F. Griffith

E. McLeish

M. Johnson

Bottom:

C. Horodyski

A. Clarke

Miss Cooke

M. Meisler

C. Deeprose

The Jr. Badminton Team had a smashing season this year. Well done, girls!

JR. BADMINTON TEAM

The Jr. Tennis Team participated in the I.S.A. Tennis Tournament and played exceedingly well. Fantastic girls!

JUNIOR TENNIS TEAM

Top left row: A. Middleton

C. Frazer A. Clarke

Miss Cooke G. Ladd

J. Damant

E. McLeish



SENIOR BADMINTON



Left to right:

- J. Deeprose
- J. Hanley
- Miss Cooke
- S. Robinson
- D. Owen-Flood

The Senior Badminton Team of 1981 played with Glenlyon in the city league. They also participated in the I.S.A. Badminton Tournament. They had a very successful year in all. Well done, girls!

JR. TRACK AND FIELD TEAM

Back, left to right:

Mr. Steel

- C. Horodyski
- C. Deeprose
- B. Donald
- L. Templeton
- C. Emmett

Miss Cooke

Front

- J. Damant
- M. Meisler
- A. Clarke
- F. Griffith
- S. Skelly
- C. Frazer
- E. McLeish



SCHOOL CLOSING CEREMONIES — 1982

EXCELLENT ACHIEVEMENT CITIZENSHIP Tanya Hubbard **GRADE 1 Briony Angus** GRADE 4 Jessica Chant Susanna Friesen **GRADE 5-B** Laura Lewin Gina Cockayne GRADE 5-D Tony Scott Sasha Edgell Victoria Scott Marsha Griffith **GRADE 6** Catherine Slade **GRADE 7** Nora Wood Sarah Yuile MATHEMATICAL EXCELLENCE Lisa Angus **GRADE 2** Natasha Bawlf **GRADE 2** Erica Kjekstad Leah Bowers Helen Scorey Bonnie Frazer Elizabeth Drent **GRADE 3** Jennifer Mortimer ACADEMIC HONOURS EXPRESSIVE ORAL READING **GRADE 4** Heather Boyes — Academic Honours **GRADE 2** Jamesie Bray Heather Fitzgerald - Academic Excellence-book Laura Harrison - Academic Honours Robin Hounslow Judith Kemp Karma Miller - Effort - Academic Excellence-book Karen-Anne Schweitz Rebecca Morris - Academic Honours Amy Weidner Laura-Dawn Petrie - Academic Honours - Progress **GOOD PENMANSHIP** Meg - Excellence in Science Lara Tomaszewski Rosemary Basnett **GRADE 1** Moira Wilson Academic Honours **GRADE 3** Sasha Clarke Susanna Friesen Academic Progress in Mathematics Lise Kittel **GRADE 5-B** Outstanding Progress in Science Laura Lunden Laura Lewin and Mathematics Yasmin Weis Academic Progress in Science and Alison Loney Social Studies—book **CREATIVITY IN WRITING** Academic Progress in Science and Rae Neilson Andrea Fitzgerald **GRADE 2** Mathematics-book Johanna Kleyn Shauna Smith Academic Excellence—book Rachel Curran **GRADE 5-D** - Academic Honours **GRADE 3** Leah Libin Outstanding work in English and Michelle White Erin Dabbs Social Studies Academic Honours Sasha Edgell ARTISTIC ABILITY Jennifer Loney — Academic Honours GRADE 1 Fiona Ely - Academic Excellence-book Tracy London - Academic Honours **GRADE 3** Risha Golby - Academic Honours Catherine McCaw Zahra Rayani Outstanding Work in Creative Abigail Palmer Writing **COMMENDABLE PROGRESS** Katherine Alexander **GRADE 1** - Academic Honours Lisa Blake **GRADE 6** Katie Clarke Farzana Esmail Academic Honours Katrina Dorken Excellence in Mathematics Elyza Hartnell Tania Tomaszewski — Academic Excellence—book Suzanna Jones — Academic Honours Christina Lawrence - Academic Excellence-book Katie Tomlinson Megan Tomlinson - Academic Honours Kaaren Voorhoeve Natalie Wright R.J. Fisher - Excellence in English **GRADE 7** - Academic Honours Silva Johansson **GRADE 2** Kyla Hubbard Excellence in Social Studies **Ingrid Ridout** - Academic Excellence-book Vicky Smolov Jill Yoneda Academic Honours - Academic Excellence-book Nora Wood **GRADE 3** Rachel Herriott Academic Honours Lisa Rerrie - Rotary Prize for Citizenship **Lindsey Smart** Lisa Rippington Justin Austin Olsen — Academic Achievement in Science **GRADE 8-H** ARTISTIC ABILITY IN MUSIC - Academic Honours Claire Banister **GRADE 1** Noel Ihrahim - Creativity in English Jeanette Dryden **Katie Ormiston** - Academic Honours Karen Ellis Christine Horodyski — Academic Honours Haroula Koulelis **GRADE 2** - Academic Achievement in Science Outstanding Progress—book Michele Scanlan **GRADE 3** Rebekah Curran - Academic Honours Heather Lyall — Academic Honours Samara Stewart

- Effort in Science

GRADE 8-N	Janna Allen	- Academic Honours		Anna Grolle Alle	- Excellence in Drama
	Megan Atchley	- Citizenship - Academic Honours		Judith Horwood	Academic Excellence—book
	Wiegan Atomicy	Academic Achievement in Science			Academic HonoursAchievement in Mathematics
	Lorien Benet	 Achievement in Mathematics 		Heidi Ladd	- Academic Honours
	Davina Bhandar	- Excellence in Debating			- Excellence in Debating
	Joanne Damant Betsy Donald	 Effort in Mathematics Excellence in Debating 		Dawn May	— Creativity in English
	Anne Heath	- Creativity in English			— Effort in Mathematics
	Stacey Jessiman	- Academic Excellence—book			Outstanding Service to Home Room & School—book
		— Academic Honours	1.474 v 17 maiat v.v. 200 v 200	Carol Waldmann	- Serve to Home Room & Schoo
	Petra Johns	 Academic Honours Citzenship 			—book
	Karen Luke	Creativity in English		Jenny Williams	- Academic Excellence—book
	Elizabeth McLeish	Academic Excellence			Academic HonoursExcellence in Debating
		- Academic Honours			Executive in Debating
	Anne-Marie	— Citizenship	GRADE 11	Jennifer Doyle	— Academic Excellence—book
		— Academic Honours		T: TT1	- Academic Honours
		Excellence in Debating		Jennifer Hanley	Academic Excellence—bookAcademic Honours
	Jennifer Straith	- Academic Honours			- Excellence in Debating
	Man Transia	Achievement in Mathematics			Excellence in Drama
	Meg Tassie	Academic Honours Effort in Mathematics		Deidre Owen-Flood	— Excellence in Drama
		Excellence in Debating		Melanie Phillips	— German Consulate Book Prize
	Alex Wardell	Excellence in Debating		Meiame Phimps	Achievement in MathematicsOutstanding Contributions to
					Jama Paramibook
GRADE 9-J	Veryan Angus	 Excellence in Debating Effort in Mathematics 			
	Rosemary Barlow	Excellence in Debating	GRADE 12	Nadine Barten	- Academic Honours
	Lara Chalmers	Academic Achievement in Science			 Excellence in Mathematics and Science—book
		— Creativity in English			- Excellence in Geography
	Pamela Dale	- Achievement—book		Anna Cheshire	- Excellence in Drama
	Gina Delimari	Academic Honours Academic Honours		Carol May	 Academic Honours
	Ollia Dellillari	- Excellence in Debating			- Excellence in English—book
	Jane Edgar	Excellence in Debating			 Excellence in Mathematics and Science—book
	Elizabeth Ely	- Academic Excellence—book			- Excellence in French—book
	Christian Hambleton	- Academic Honours			Excellence in Drama
	Janice Hope	Excellence in Art Excellence in Mathematics		Fiona Murray	Academic Honours
	Lindsey Pollard	Creativity in English			Excellence in English and Literature healt
	Leslie Templeton	— Effort in Mathematics			Literature—book — Excellence in French—book
	Wendy Tse	- Creativity in English	FFA FF TYROLD	Wendy Rayner	Excellence in Drama
	Christa Zimakas	 Achievement in Typing—book Achievement—book 			 Outstanding Progress in Art
	Cirista Zimakas	- Academic Honours		Maureen Young	- Achievement in Music—book
		German Consulate Book Prize			
CDADEOD	David David			CT ATTENDANCE	
GRADE 9-R	Rosalind Beale Andrea Beirne	 Citizenship Effort in Mathematics 	GRAI GRAI		
	Darcy Dobell	- Academic Honours		DE 5-B Jaqueline C	
		-Excellence in Debating	GRAD	DE 5-D Tracey Lon	ndon
	Gillian Donald	- Excellence in Debating		Abigail Pal	mer
	Margaret Drent	- Citizenship	GRAD		
	Margaret Drent	 Academic Honours Excellence in Languages 		Cristy Tena Katie Toml	
		Excellence in Debating	GRAD		
	Anre Friedmann	- Effort in Mathematics		Alison Cutl	
	Fiona Griffith	Citizenship		WendyJone	
	1 Iona Onffith	Achievement in Mathematics Athletics	SAGE WAS CRAF	Nora Wood DE 8-H Christine H	
	Robin Horner	- Citizenship		Michele Sca	
	Megan Jenkins	- Academic Excellence—book		E 8-N Kristina M	larshall-Lang
	Tourist TP 1	- Academic Honours	GRAD		
	Lucinda Komisar	- Academic Honours		Gina Delim Maureen Jo	
	Lise-Lotte Loomer	Excellence in Debating Citizenship		Wendy Tse	
		- Academic Honours	GRAD	E 9-R Margaret D	rent
		- Citizenship		Anre Friedr	nann
	Siobhan Skelly	- Athletics		Fiona Griff	
		- Citizenship	GRAD	Kathleen Ry E 10 Julie Andre	
GRADE 10	Anwylyd Bethell	- Excellence in Debating		Penny Gree	
		- Excellence in Drama	GRAD	E 11 Alison Bani	
		- Academic Honours	GRAD	E 12 Carol May	
		- Academic Achievement in	ATTENI	DANCE OVER 12 Y	FARS
		Mathematics — Excellence in Drama	MITTEN	Eleanor Cre	
		Diania		Charlotte H	
				Roxanne M	







CUPS & AWARDS

	WATTON CUP for achievement in P.E. in the Junior School JENNY JOHN AWARD for Progress and Sportsmanship	Judith Horwood Sophie Huang Marsha Griffith Andrea Wall
	E.S.W. BRIDGMAN CUP for Junior Hockey	
	THE LOCKE TROPHY for the most improved player on the Senior Team INDIVIDUAL HOUSE AWARDS CAISTER. DEREHAM. WALSINGHAM. WYMONDHAM.	Jacqueline Deepros Rosalind Beale Mary McLeish Robyn Horner
	COCK HOUSE CUP for total points	
	POOLEY CUP for Academic Honours	Wymondham
	GRADS OF '63 (service and spirit — Chosen by Grade 12)	Anwylyd Bethell
	OLD GIRLS' GRADE X AWARD FOR SERVICE TO THE SCHOOL (cheque)	Sara Davey
	OLD GIRLS' PUBLIC SPEAKING (not debating)	Lucinda Komisar
	THE PRINCIPAL'S PRIZE FOR EFFORT (book)	Melanie Phillips
	MME. ABRIOUX'S JUNIOR FRENCH PRIZE	Meki Doyle
	N.H.S. STAFF AWARD FOR CITIZENSHIP	Margaret Drent
	ACCOMPANIST AWARDS	Wendy Tse
		Rosalind Beale
	MRS. MARY KENNEDY'S CHOIR AWARD	
	for 4 years of continuous service in the Junior Choir	Michelle Maggiora Elizabeth Murray Lisa Rippington Nora Wood
	PENN FAMILY TROPHY FOR SPORTSMANSHIP for cheerfulness, helpfulness, striving,	
	and all-round effort and support (Grades 10, 11, or 12)	Roxanne Meakes
	CHARLES HEISTERMAN CUP for all-round progress in the Senior School.	Jamifar Dayla
	GREENWOOD SHIELD for languages (English plus one or two Foreign Grade 11 or 12)	Wendy Payner
	HENDERSON CUP FOR DRAMA	Iennifer Hanley
	THE PRIOR CUP to a member of Grade 12 who has given service to the school.	Charlotte Heard
E .	D.W. ATKINS SCHOLARSHIP (cheque) (most needy graduating scholar)	Nadine Barten
	D.W. ATKINS SCHOLARSHIF (cheque) (most need) graduating scholar)	Carol May
	ALLIANCE FRANCAISE — announcement only	Carol May
	THE HAMMOND CUP FOR MERIT	Maureen Young
	(Plus book — presented by Sarah Neely \$15)	
	THE YOUNG CUP — Athletics and Scholarship combined	Fiona Murray
	AUSTEN-LEIGH AWARD to top graduating student	Carol May

SPORTS DAY

ELEMENTARY 100 metres Andrea Wall 200 metres Jennifer Halbert Hurdles Marsha Griffith Relay Caister INTERMEDIATE

Long Jump. Andrea Beirne
High Jump. Siobhan Skelly
100 metres Sarah Davies
200 metres Leslie Templeton
Hurdles Fi Campbell
Discus Wendy Tse
Shot Put Fiona Griffith
Relay. Dereham



Long Jump Elizabeth McLeish
100 metres Elizabeth McLeish
200 metres Joanne Damant
Hurdles Carmen Carter
Relay Caister
SENIOR
Long Jump D. Owen-Flood
High Jump Gillian Graeme
100 metres D.D. Owen-Flood
200 metres D.D. Owen-Flood
Hurdles D.D. Owen-Flood
Discus Cheryl MacDonald
Shot Put D.D. Owen-Flood
J

Javeline......Kim Joy Relay.....Dereham

JUNIOR

HAPPENINGS 1982-1983









Halloween 1982

Spanish Dinner at the Hambleton Home

Greek Luncheon at PERICLES

German Lunch at Norfolk House







REFLECTIONS OF THE PAST

















Valerie Chatterton — 1970





NORFOLK HOUSE SCHOOL HISTORY 1913-1983

Norfolk House School was established in 1913 by Miss Dora Atkins and Miss Julia McDermott who were called over from Norwich High School in England by a group of concerned women who were not satisfied with the educational facilities in Oak Bay.

Miss McDermott married shortly after arriving in Victoria and, unfortunately, died on a sea voyage back to England, so Miss Atkins became the first Headmistress. The two ladies had decided to give the new school the same initials as the one they had come from in England, NHS, and the motto remained the same: "Do thy best". Miss Atkins, courageous enough to make the long sea voyage so many years ago to a new land, was described as a woman "whose limpid and lisping voice belied a steel fist in a velvet glove." Originally, the school was located on Granite Street. During the first year, there was only one classroom, but the next year it was divided into two.

A boarding house was established in 1918 at 620 St. Charles Street which enabled girls from England and South Africa to stay here after the First World War. Some of the boarders were the children of missionaries and merchants who had been posted to China. The boarding house was relocated several times; on one occasion it was discovered, on the first night, that there were no bedroom light fixtures. Thus, for several nights afterwards, until the situation was remedied, the matron passed from room to room and said goodnight to the girls by candlelight. Boarders remember Friday fish days: the fish used to float in the platter. They ate prunes every day and fruit from their own orchard. The treat on Thursdays was to have hot scones.

Mrs. Ivy Cheetham arrived at Norfolk in 1928. She had come to Vancouver after the First World War with her young son. She lived on \$20 a month while taking and disliking a business course and then accepted a small teaching post. Mrs. Cheetham had been involved in theatre in England, but now she realized her true vocation. She helped to found Strathcona Lodge School and had taught at St. George's for Girls. She taught science, senior math, and grammar. She appeared harsh at times — her ten years of near poverty had given her a frugality and simplicity in her dealings. She did not tolerate laziness, apathy, stealing, or neglect, but was always patient. Mrs. Cheetham's enthusiasm and frontal attack made drama and hockey at Norfolk "cabbage head". She used to stride up and down the field with one of her many unruly and beloved dogs, saying things like "cabbage head". She always wore a vieyella dress cut in the same pattern. She was assistant headmistress for three decades and helped Miss Atkins run the boarding house. It was a common sight to see Mrs. Cheetham racing down from lunch, her

The school moved to its present location in the early 1930's. A main building and gym were constructed. Old girls remember walking through the Pemberton Woods on a trail from Foul Bay Road to the school and pots of jam and loaves of bread that the staff had made. Labs were not in existence during the years between the wars; Science was the only subject in which one took notes. Home hockey matches brought out the whole school to watch. There were horses beside the tennis courts, and sewing and home economics classes. The smell of porridge was quite another aspect of school life! During drama classes with Mrs. Cheetham, benches were pulled together as the stage.

The House system was established in 1931. Miss Atkins felt it was important for girls to have contacts, interests, and activities outside their own grade. She chose place names from the country of Norfolk: Caister, Walsingham and Wymondham. Caister lay on an old Roman road and was the site of a walled Roman town. Walsingham had been a place of special pilgrimage for many years, and Wymondham is a busy market town where an old Priory was founded during the 11th to know everyone in her house. Like Wymondham, Dereham had a long and honourable history; it is the site of a convent that was established there in the 10th Century.

In the early 1930's Norfolk House became a limited company with stockholders and moved from Granite Street to its present site, a new beamed and stuccoed classroom building on Bank Street. Miss Atkins and Mrs. Cheetham maintained the boarding residence together under increasingly difficult conditions. At last, in 1952, they were persuaded to close the residence and upper school and continue Norfolk House as a junior school only. In 1956, after Mrs. Cheetham and Miss Atkins retired, a Board of Governors was appointed and Miss Winifred Scott, an Old Girl of Miss Ganong's Netherwood in New Brunswick, and former Head of Miss Matthew's School in London, Ontario, was invited to become Norfolk House's new Headmistress. In accepting the post, she also became the only Canadian-born Headmistress in the entire province.

The school grew and developed successfully during Miss Scott's years. Classrooms, labs, a library, art room and gym were added. Students enjoyed more than five acres of land, two tennis courts and a large playing field.

With Norfolk House once more reinstated as a Senior School, Winifred Scott skillfully managed to blend the best of the old with the constantly shifting patterns of the new. She was a unique Headmistress in so many ways and is fondly rememberd and loved by all.

In 1978 after Miss Scott retired, Mrs. Christine (Lurie) Bullen became Principal of NHS and added new touches to the school, including changes in uniform. Mrs. Bullen successfully guided the school into its seventh decade. When Mrs. Bullen left in December 1982, Mrs. June Beynon took over as Acting Principal until the hiring of our new principal, Mrs. Margaret Wilmot, who comes to us from Winnipeg.

As we celebrate our 70th Anniversary, it is worth while to remember all the people who gave so much to make our school what it is today. Our sense of tradition and ideals provide a solid base on which to build for the future.

by Margaret Drent,

NORFOLK HOUSE SCHOOL

VICTORIA, B. C.

PROSPECTUS — 1930's

FEES

TUITION

Morning School Only

Children under 7	\$20.00 per term
Transition Form	\$25.00 per term

Morning and Afternoon School

Lower School	-		100 C m	\$35.00 per term
Upper School	Dist.	0	TOY 4	\$45.00 per term

BOARDERS' FEES (Inclusive of Tuition)

Girls under 12	Ų		· man · Ser	\$175.00 per	term
Girls over 12 -	~ (,		\$185.00 per	term

Weekly boarders' fees are \$30.00 less per term than fees for full boarders.

A reduction of ten per cent. is made for sisters

A small charge is made each term for Stationery and the use of School-books.

In the Upper School girls are expected to supply their own text-books.

Fees are payable in advance, and no deduction is made for absence, except in case of long illness.

At least half a term's notice is required before the removal of pupils.

EXTRAS include:

Music: Piano and Theory	- \$25.00 per term
Elementary Piano	- \$15.00 per term
Drawing -	\$10.00 per term
Dancing -	- \$ 5.00 per term
Riding	- \$12.00 per term
School Dinners	35c each, or \$1.50 a week

CLOTHES-LIST FOR BOARDERS

- 1 Navy-Blue Serge Tunic, with girdle.
- 1 Navy-Blue Coat for Winter wear.
- 1 Light-weight Navy-Blue Coat for Summer wear.
- 1 Mackintosh.
- 1 School Blazer, Tie and Hat-Badge.
- 1 Black Hat (for Winter-wear).
- ·1 White Hat (for Summer wear).
- 1 Dark-Green Beret.
- 1 Dark-Blue Cardigan or Pull-over.
- 4 White Cotton Shirts.
- 1 White Silk Shirt.
- 1 Dark-Blue Skirt.
- 3 Changes of Underwear.
- 3 Nightdresses or Pyjamas.
- 2 Pairs Black Sateen Knickers.
- 4 Pairs Black Stockings.
- 4 Pairs Light Stockings.
- 2 Garter-Belts.
- 2 Pairs Black Walking-Shoes.
- 2 Pairs Black Slippers (flat or medium heels).
- 1 Pair Black Running-Shoes.
- 1 Pair Rubbers, 1 Umbrella.
- 2 Dresses, or Skirts with Woollen Jumpers.
- 1 White Tennis Dress.
- 1 White Frock (plain) for School functions.
- 1 Dressing-Gown.
- 12 Pocket-Handkerchiefs.
- 1 Laundry-Bag, Sponge-Bag, etc.
- 1 Work-Basket, with necessaries for mending.

BED-LINEN, ETC.

2 Pairs Sheets.3 Bath-Towels.3 Pillow-Slips.3 Face-Towels.

3 Table-Napkins and Ring.

1 Travelling-Rug or Eiderdown.

It is particularly requested that all these be clearly marked with Cash's name-tapes, which may be procured from David Spencer, Ltd.

BOARDERS

The Boarding-House is under the direct supervision of the Headmistress, assisted by a House Mistress, who is responsible for the care of the boarders.

Particular attention is paid to the health of the girls. Regular hours and a careful diet, including daily supplies of fresh fruit and vegetables; have contributed to the excellent health-record of the School.

Invitations are accepted for boarders on the first and third Saturdays and Sundays of each month, and for the regular half-term week-end holiday.

Arrangements can be made for boarders from a distance to spend part or all of the holidays at school or elsewhere.

CURRICULUM

The School Syllabus has been planned with a view to preparing girls for Matriculation, but for girls who do no desire to take examination work a different course has been arranged, in which more time is devoted to English subjects and special lessons are given in French Conversation, Needlework the History of Art and Music, etc.

In addition to the usual school subjects, a weekly Scriptur lesson is given by the Headmistress in each form.

































In commemoration of Norfolk's 70th anniversary, each Friday for eight weeks before the review, students of all grades donned the costumes from the decades 1913-1983. Many of these costumes were worn by actors, dancers and singers during the formal review entitled "Sentimental Journal", March 22, 23, 24, 1983.























SENTIMENTAL JOURNEY

What a magnificent performance! To celebrate its 70th anniversary, Norfolk House combined the singing, dancing and acting talents of its students to present for the public a "Sentimental Journey" through the decades 1913-1983. The show ran for three days; the 22nd, 23rd, and 24th of March. It began with a Gala Night including refreshments before the show, and some beautiful commerative plates as door prizes. Rave reviews were the reward for the hard work put forth by both students and staff. Well Done!





















GALA NIGHT











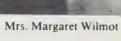














NEWS OF RECENT GRADS — NHS

Claire Hambleton (Class of '79) was married to Thomas Hamilton on April 24, 1982. In attendance is Susannah Crofton, a former student at NHS. More recent news is that Claire and Thomas are expecting a baby.



Elizabeth (Ed) Dyson (Class of 1980) is completing her third year at Royal Military College in Kingston, Ontario, where she is specializing in Air Engineering. She was in the first class of women accepted at the once all male college.

Carol May (Class fo 1982) has almost completed her first year at Queen's College, also in Kingston. She is in the School of Engineering.





"OLD GIRLS" Get-together at NHS — March 19, 1983











TOP RIGHT: Cecile (Shaw) Davidson ('64).
TOP LEFT: Thea (Deborah) Nation, Susan

Horner ('76), Sarah (Sally) Rochfort ('67), Mrs. Jane Gardiner (former

teacher).

Miss Winifred Scott, Helen (Bell-MIDDLE:

Irving) Carmichael (Left NHS 1942) Mrs. Joan (Douglas) Henshaw graduated in 1940 from NHS. Now

living in California.

BOTTOM: Mrs. M.F. Perrott, Pam Brock,

Rosalind (Harrington) Morphy ('68)

and 4-month old son, Sean.

CANADA OPEN HOUSE EXCHANGE March 4-13, 1983









The Week That Was

The Open House Canada Exchange between NHS and Lycee Claudel was a tremendous success in Victoria and doubtlessly will be as well in Ottawa in May. The schedule for the week was a very busy one. Such activities included a bus trip to Butchart Gardens; a day trip to the Canadian Forces Base in Esquimalt which also included a boat trip of the harbour, visit to Fort Rodd Hill, Royal Roads and Pearson College; a highly successful Father/ Daughter Banquet; a chance to see Queen Elizabeth and "The Brittania" in the Victoria harbour; a soccer match at NHS; the play MANDRAGOLA at the Phoenix Theatre and Backstage Tour; an allday bus trip up island, visiting a variety of sites; a visit to local attractions: Provincial Court, Government House, Art Gallery, Craigdarroch, and the Provincial Museum; an active day in Vancouver sightseeing and shopping, and a final dance for Grades 8-10 at NHS.

INDIVIDUAL IMPRESSIONS

My impression of the Exchange Week was that it was worth while. Most of us have never been put in the position where we have to play host to someone whom we've never met. At first it was a little uncomfortable not knowing exactly what to say, but after the first day or two, we all got to know each other well. The Exchange taught us how to get along with people who are from another place which does things differently. They showed us what they liked to do and what interested them; we showed them the same. We showed them our Province and had a great time doing it. We also learned to be patient with others and to accept those who may not be exactly like us.

The idea of the Exchange is to make new friends and to learn about another part of our country. Well, we certainly made new friends, and I think both groups learned a lot about British Columbia.

It was fun meeting new people and listening and appreciating their thoughts and ideas. The Exchange opened my mind to new ideas and exposed me to things other people like doing.

When you have a billet with you, you have to think for two people.

Perhaps the best day of all was the trip to Vancouver where we visited many sites. We had 2½ hours on our own in downtown Vancouver.

It was particularly interesting to learn about our native Indian Culture . . . 1 think I can say that everyone really enjoyed participating in the native dances.

The Exchange served as a good test for us in human relations

Although we had mixed views on the monarch, we shared many things in common, as people of our age usually do. They seemed to have similar ways of dressing and a similar taste in music.

I feel that the visit from our Ottawa friends helped to build bridges of understanding between the east and west.

It was important to be one's own person and yet fit into the group. One person thought at the Art Gallery that it is not whether or not one likes the art (abstract) but whether or not you understand it. Liking it comes later. The same is true in relation to people.

We talked in English class about who is or has become a round character, as opposed to a flat character, in a novel. Well, at the end of this week, I think we have all become more rounded characters!

It was not only important to communicate to others in your own surroundings but to try to understand and interpret others' moods and feelings.

Even though the weather wasn't perfect, we all made the best of it.

Personally, one of the things I found most interesting was the tour through the lumber mill; we saw an ordinary log transformed into a nice piece of timber. Secondly, I found the law courts to be very interesting. We sat through part of a robbery trial.

sat through part of a robbery trial.

I think we got to know our billets so well because we spent so much time touring on the bus together. The week seemed to pass so quickly.

One of the highlights of the trip was visiting the Capilano Suspension Bridge and also visiting the Aquarium in Vancouver.

In all, the exchange was a success, and everyone benefited from the experience. I would strongly recommend the experience for anyone and everyone! It was a terrific eight days!





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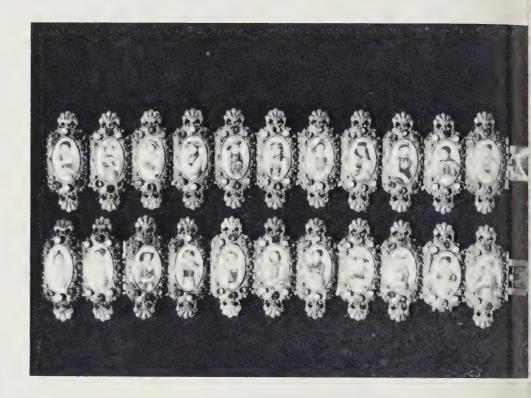
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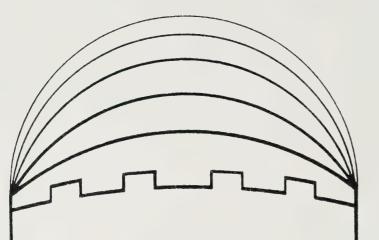
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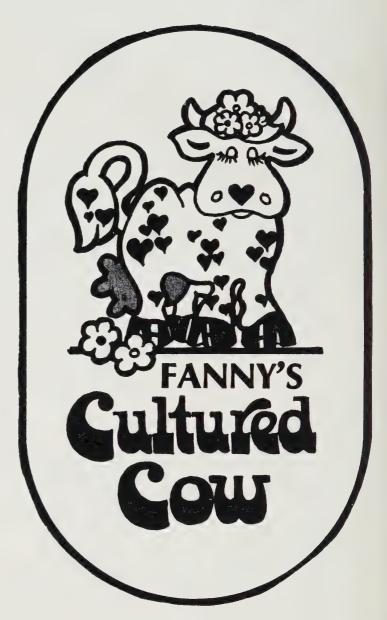




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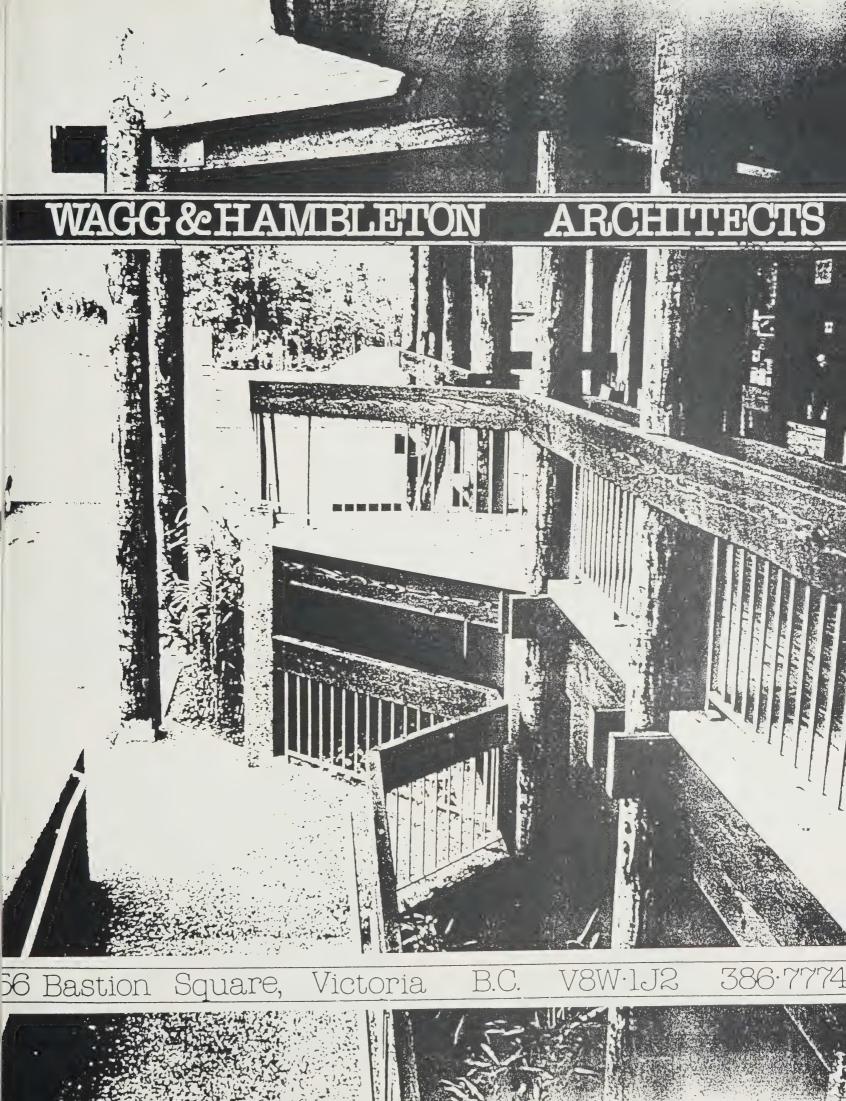




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SPUD DAY at NHS — St. Patrick's Day. Mrs. K. Bray, Miss Isabel Kelly, Mrs. J. Beynon, and Mrs. M.A. Langran.

ROYAL VISIT TO VICTORIA by Her Majesty, Queen Elizabeth, on Tuesday, March 8, 1983. Many NHS students were there to greet her when the Royal Yacht Britannia docked in the Inner Harbour.







EVEN MORE SPECIAL EVENTS: The Queen's visit and St. Patrick's Day Spuds.















THE END









